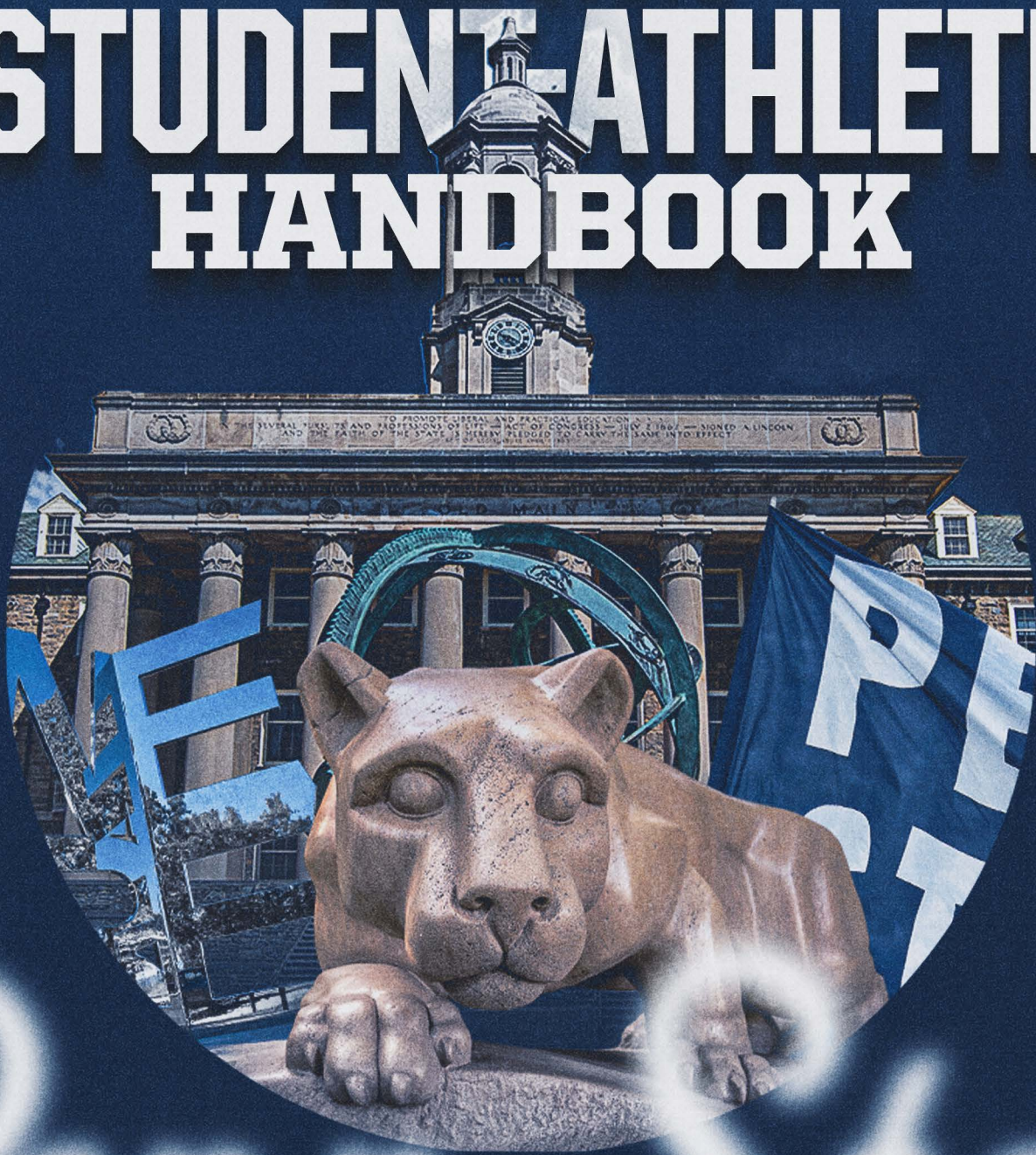


PENN STATE
**STUDENT-ATHLETE
HANDBOOK**



Penn State

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[Academic Calendar](#)

Intercollegiate Athletics

OUR VISION

Penn State Intercollegiate Athletics is dedicated to preparing students for a lifetime of impact.

OUR MISSION

Driven by a commitment to comprehensive excellence, Penn State Intercollegiate Athletics (ICA) will serve our student-athletes by creating conditions for their success so that they can maximize their full potential. ICA will engage with our collective Penn State communities to serve as a valuable campus asset in the interest of advancing the broader University mission.

OUR VALUES

Our values are Tradition, Teamwork, Diversity, Transparency, and Innovation

Our values reflect those principles that serve as the measure of success - regardless of the outcome on the field.

Our values define who we are, not how we perform.

Our values are those attributes that, whether experiencing the highest high or the lowest low, will not be compromised or abandoned.

LIONS PRIDE: *Preparation, Responsibility, Involvement, Degree Completion, and Excellence*

Athletics Integrity Officer

Tamla Lewis serves as Penn State's Athletics Integrity Officer (AIO). The AIO helps ensure PSU Athletics operates with integrity and in a manner consistent with ICA and institutional values, as well as all rules and policies. Penn State student athletes are encouraged to discuss integrity related concerns with Ms. Lewis at any time. She can be reached via e-mail at athleticsintegrity@psu.edu.

Athletics Integrity Officer:

Tamla Lewis, 814-867-4088, athleticsintegrity@psu.edu

Mandatory Rules Orientation Session

At the beginning of the academic year and prior to any participation in intercollegiate athletics activities, a rules education session will be conducted for each team under the direction of the Athletics Compliance Office. Each student-athlete will receive a copy of the "Summary of NCAA Regulations" and will have an opportunity to ask questions regarding NCAA, Big Ten and Penn State rules.

Compliance

Student-athletes must comply with NCAA, Big Ten, and Penn State regulations as well as the provisions in the Athletics Code of Conduct. This handbook does not contain all NCAA, Big Ten, and Penn State regulations and should not be relied upon exclusively. This handbook supplements other sources of information. It is not intended to function as a replacement for other important university, conference, or NCAA publications.

Your failure to ask questions pertaining to the regulations or to provide information of a possible rules' infraction could jeopardize your eligibility. Ignorance of the rules is never an excuse.

If you have questions concerning the NCAA rules, or if you become aware of a possible rules' violation, contact the following:

Athletics Compliance Office
103 Bryce Jordan Center
814-863-8048
compliance@athletics.psu.edu

TIPS TO AVOID PROBLEMS:

- Engage with the PSU Athletics Compliance staff so you can understand how the NCAA, Big Ten and Penn State rules affect you.
- Commit to integrity, honesty, and good sportsmanship.
- Report potential wrongdoing or violations to appropriate authorities.
- Be alert for, and avoid, receiving extra benefits.
- Be aware that you are responsible for official University communication sent to your Penn State email address.
- Always ask before you act.

Disclosure, Reporting, and Assistance

Student athletes have an obligation to report potentially illegal activity or rule violations that are either engaged in or observed. Potentially illegal matters should be reported to the police, and potential rule violations should be reported to the anonymous reporting hotline (1-800-560-1637), the Athletics Integrity Officer, or the Athletics Compliance Office.

Student-Athlete Grievance Procedures

Student-athletes with a complaint or grievance involving an athletic team, coach or department official should attempt to resolve the matter with the person(s) involved or the involved person's supervisor / administrator for the sport or by reporting to the Athletics Integrity Officer.

Matters related to NCAA rules, including concerns about a student-athlete's rights under NCAA rules may be addressed with the Athletics Compliance Office Staff. Note that the NCAA has specific procedures that should be followed for instances in which a student-athlete's interests in transferring are restricted or financial aid is reduced or cancelled. These topics can be discussed with Athletics Compliance Office Staff.

Code of Conduct, Policy Statements, and Social Networking

Penn State University Code of Conduct

Penn State student-athletes are intended to be integral members of the student body first and athletes second. As integral members of the student body, student-athletes are fully subject to the conduct and behavioral expectations of the University, as communicated through the Penn State Office of Student Conduct “Student Code of Conduct.” The Student Code of Conduct addresses such matters as safety, harassment, drugs, alcohol, weapons, and the judicial process. All student-athletes should be keenly aware of the Student Code of Conduct and review it in its entirety by visiting the Office of Student Conduct Website at [https://studentaffairs.psu.edu/support-safety-conduct/student-conduct/code-conduct /](https://studentaffairs.psu.edu/support-safety-conduct/student-conduct/code-conduct/).

Athletics Code of Conduct

The purpose of the Athletics Code of Conduct is to serve as a guidepost to direct the ethical bearing of the Athletics Department. It was drafted to be congruent with the Athletics Department’s Mission, Vision, and Core Values, all of which reflect those principles that serve as our measure of success, regardless of the outcome on the field. The Code of Conduct will help ensure our Mission, Vision, and Values are ingrained in everything we do.

Expectations of Conduct

1. All Code of Conduct Signees shall comply with:
 - a. University policies and procedures
 - b. The ICA Manual, available [here](#)
 - c. NCAA Constitution and Bylaws and the Big Ten Handbook
 - d. Applicable laws, rules, and regulations
2. All Code of Conduct Signees shall report to the appropriate authority any suspected violation(s) of the University’s or the Athletics Department’s policies, the NCAA rules, the Big Ten rules or this Code of Conduct, or any other conduct that materially undermines the

University's and the Athletics Department's values. Reports of potential wrongdoing and noncompliance can always be made through the Anonymous Hot Line.

Student Athletes

In addition to the obligations required of all Code of Conduct signees under the Code of Conduct, student-athletes shall:

1. Adhere to [the University's Student Code of Conduct and Conduct Procedures](#) and
2. Adhere to rules, policies, and procedures established by the head coach of his or her individual sports program (team rules shall be in addition to, not in substitution for, any portion of the Code of Conduct

Non-Retaliation and Confidentiality

The University and the Athletics Department maintain a strict non-retaliation and non-retribution policy for anyone who takes action that he/she reasonably believed to be necessary to uphold or enforce compliance with this Code of Conduct, the ICA Policy Manual, and the University's obligations under the NCAA Constitution and Bylaws and Big Ten Handbook. The University and the Athletics Department shall maintain confidentiality and anonymity with respect to any such report, unless required by law to do otherwise.

Student Conduct Overview

Penn State has a clear standard of conduct to protect the rights of members of the University community. These standards are expressed in the Student Code of Conduct. The Office of Student Conduct is responsible for conducting University proceedings for students and/or organizations when it is alleged that a violation of the Code of Conduct has occurred. The Student Code of Conduct does not replace or relieve any requirement of civil or criminal law.

When a student has allegedly engaged in behavior which violates the University's Code of Conduct, whether on or off-campus, the allegation will be documented and forwarded to the Office of Student Conduct. A member

of the Office of Student Conduct may then contact the student to schedule a meeting to discuss the situation.

Office of Student Conduct

120 Boucke Building

University Park, PA 16802

Phone: 814-863-0342

Fax: 814-863-2463

Web: www.studentaffairs.psu.edu/conduct

Email: StudentConduct@psu.edu

Disciplinary Conference

The Disciplinary Conference is an informal, non-adversarial meeting between a student and a Student Conduct staff member (Case Manager) to examine the complaint, listen to the student, discuss circumstances regarding the incident, and hear student concerns to determine whether formal charges of violating the Code of Conduct will be filed.

If the acquired information reasonably supports a Code of Conduct violation, the Case Manager may recommend charges and sanctions to the respondent. The student will then decide whether to accept responsibility for the charges and/or sanctions assigned. The student may take three (3) business days to decide whether to accept the charges and sanctions, or to contest them. Failure to respond, in writing, in the three days allotted will result in the charges and sanctions being implemented. If the student contests the charge, an Administrative Hearing will be conducted by the Office of Student Conduct. In cases where there is a potential for suspension and expulsion, the university Conduct Board will be used. If a student is found to be in violation of the Code of Conduct, sanctions will be imposed. The student may request review of sanctions if he or she does not agree with the sanction(s) imposed.

If the acquired information does not reasonably support that a violation of the Code of Conduct occurred, then the case will be closed without charges.

Students' judicial records are considered part of their educational record. In accordance with FERPA, a student may have access to their Student Conduct

Record, provided that they can be properly identified and provided that the original Student Conduct Record is not removed from the office.

Further information regarding the procedures of Administrative and University Conduct Board Hearings, along with the appeal process, is available upon request or [may be found here](#). However, students participating in the Conduct Process are encouraged to seek an advisor's assistance.

Policy Statement on Intolerance

Policy

The Pennsylvania State University is committed to preventing and eliminating acts of intolerance by faculty, staff, and students and encourages anyone in the University community to report concerns and complaints about acts of intolerance to the Affirmative Action Office or the Office of the Vice Provost for Educational Equity, and in cases involving students, to the Office of Judicial Affairs.

If any violation of University policy, rule, or regulation is motivated by discrimination against an individual or group based on characteristics such as age, ancestry, color, disability or handicap, genetic information, national origin, political belief, race, religious creed, sex, sexual orientation, gender identity, or veteran status, the sanction will be increased in severity and may include termination or expulsion from the University.

Retaliation constitutes a separate violation and may result in a sanction independent of the outcome of a complaint.

Harassment Policies

Non-Discrimination Statement

Penn State is committed to equal access to programs, facilities, admission, and employment for all persons. It is the policy of the University to maintain an environment free of harassment and free of discrimination against any person because of actual or perceived age, race, color, ancestry, national origin, religion, creed, service in the uniformed services (as defined in state and federal law), veteran status, sex, sexual orientation, marital or family status, pregnancy, pregnancy-related conditions, physical or mental

disability, gender, gender identity, gender expression, genetic information or political ideas. Discriminatory conduct and harassment, as well as sexual misconduct and relationship violence, violates the dignity of individuals, impedes the realization of the University's educational mission, and will not be tolerated. Gender-based and sexual harassment, including sexual violence, are forms of gender discrimination in that they deny or limit an individual's ability to participate in or benefit from University programs or activities.

The University's policy on Discrimination and Harassment and Related Inappropriate Conduct can be found here: [Policy AD91](#)

Sexual Harassment Policy AD85

The University has implemented complaint procedures to address complaints of sexual harassment as defined under Title IX. The policy [can be found here](#).

Conduct that is prohibited under this policy includes:

[Sexual Harassment](#)

[Sexual Assault](#)

[Dating Violence](#)

[Domestic Violence and](#)

[Stalking](#)

What can you do if you are sexually harassed?

- File a report with the University's Title IX Coordinator at <https://universityethics.psu.edu/reporting-at-penn-state>
- File a report with [University Police and Public Safety \(UPPS\)](#)
- Know your rights. Familiarize yourself with Penn State's policies and resources that protect you as a student, faculty, or staff member.
- Seek information and support. You may feel a range of emotions (e.g., helplessness, anger, confusion, fear). Talking with someone often helps to lessen the isolation and help you develop strategies to remedy the situation.
- Ask for help exploring your options. Keep a written and dated record.

- Let the harasser know the behavior isn't welcome, and you want it immediately stopped.
- Discuss the situation with a [Confidential Resource Person](#)

Consensual Relationships

While not expressly prohibited, romantic and/or sexual relationships between faculty and students, and staff and students, are strongly discouraged. Such relationships have the potential for adverse consequences, including the filing of charges of sexual harassment. Given the fundamental asymmetric nature of the relationship where one party has the power to give grades, evaluations, recommendations, promotions, salary increases, or performance evaluations, the consensual nature of the relationship is inherently suspect. Such relationships must be disclosed by the staff member to his or her supervisor and, to the degree possible, reporting lines should be adjusted to minimize concerns related to such relationships.

The full policy on consensual relationships [can be found here](#).

[Privacy Policy AD53](#)

Policy

In the interest of promoting academic freedom and an open, collegial atmosphere, this University recognizes the reasonable privacy expectations of its employees, affiliates, and students in relation to their personal information, including papers, confidential records, and communications by mail, telephone, and other electronic means, subject only to applicable state and federal laws and University policies and regulations, including the policy set forth herein. The University will not monitor such information without cause except as required by law or permitted by University Policy.

[Resolution of Complaints](#)

The University will make every reasonable effort to promptly investigate and resolve complaints of discrimination, harassment, intolerance, and breach of privacy policy with due regard for fairness and the rights of both the student-athlete and alleged offender, and to conduct all proceedings in the most confidential manner possible. **Tamla Lewis**, the Athletics Integrity Officer, is

available for consultation in resolving a complaint.

Ethical Conduct

Student-athletes, coaches, and all others associated with these athletics programs and events should adhere to such fundamental values as respect, fairness, civility, honesty, and responsibility.

Penn State student-athletes are responsible for adhering to ethical behavior both on and off the playing field. Unethical conduct by student-athletes may be subject to disciplinary action as set forth by the NCAA, Big Ten, Intercollegiate Athletics, and the student-athlete's coaching staff. Student-athletes found in violation may be ineligible for further intercollegiate competition in all sports.

Examples of unethical conduct include, but are not limited to the following:

- Accepting benefits from boosters, faculty, and friends of Penn State.
- Gaining eligibility for athletics competition based on fraudulent academic work.
- Providing false or misleading information during an investigation or refusing to cooperate with an investigation.
- Intentionally attempting to mask impermissible drug use.

Intercollegiate Athletics Alcohol Code of Ethics

To develop a positive culture regarding alcohol, student-athletes need to be leaders in the fight against alcohol misuse and recognize the benefits of choosing not to drink alcohol or choosing to drink responsibly after age 21.

According to University Code of Conduct, illegally possessing, distributing, manufacturing, selling, or being under the influence of alcohol or other drugs is inconsistent with the core values of the University community.

Intercollegiate Athletics expects representatives of its department (administration, coaches, staff members, and student-athletes) to observe the following as **unacceptable behaviors**:

- Use of alcohol before, during, or after department-sponsored athletic events either at home or during road trips. If questions regarding appropriate behavior arise, the team's administrator should be contacted (i.e., international trips or foreign tours).

- Use of alcohol that interferes with scholastic success, athletic performance, personal relationships, or finances, or that leads to legal problems.
- Irresponsible use of alcohol and/or being intoxicated in a public place (i.e., downtown State College, hotels while on road trips, restaurants, etc.).
- Use of alcohol in department-issued Penn State Athletic Team Gear (i.e., Penn State University apparel) with specific sport name on it.
- Use of alcohol with recruits; specifically, the individual host(s), responsible for the safety and well-being of the recruit, regardless of the recruit's or host's age.
- Committing a serious alcohol related violation that results in police or student conduct referral can be treated as a violation of the Intercollegiate Athletic Drug and Alcohol Education and Testing Policy.

The full University alcohol policy [can be found here.](#)

Hazing Policy

Hazing is a fundamental violation of human dignity. Consistent with Pennsylvania Anti-Hazing Law 4 P.S. §5351 and applicable University policy, hazing is any action or situation that recklessly or intentionally endangers the mental or physical health or safety of a student or that willfully destroys or removes public or private property for the purpose of initiation into, admission into, affiliation with, or as a condition for continued membership in, any organization operating under the sanction of or recognized as an organization by Penn State, including, without limitation, the University's NCAA-sanctioned Division I intercollegiate athletics teams. Hazing policies apply to all members of the Penn State community. Intercollegiate Athletics will not tolerate the act of hazing new team members as an initiation rite. Hazing is

viewed as illegal, discriminatory, and destructive to team unity.

The University and the Athletics Department maintain a strict anti-hazing policy. Thus, Covered Persons, either individually or as part of a group, shall not engage in Hazing. Any Covered Person engaging in any conduct or action that constitutes Hazing may be subject to civil or criminal liability under Pennsylvania's Anti-hazing Law, 24 P.S. §5351, or otherwise in accordance with state law, in addition to any applicable sanction imposed by the University and/or the Athletics Department.

Any activity described below upon which initiation or admission into or affiliation with or continued membership in a recognized student organization, including the University's NCAA-sanctioned Division I intercollegiate athletics team, is directly or indirectly conditioned shall be presumed to be "forced" activity, the willingness of an individual to participate in such activity notwithstanding

- Any brutality of a physical nature, such as whipping, beating, branding, forced calisthenics that are not part of an official or coach-sanctioned strength and conditioning program, or exposure to the elements; forced consumption of any food, liquor, drug, or other substance, or any other forced physical activity that could adversely affect the physical or mental health or safety of the individual;
- Any activity that would subject the individual to extreme mental stress, such as sleep deprivation, forced exclusion from social contact, forced conduct that could result in extreme embarrassment, or any other forced activity that could adversely affect the mental health or dignity of the individual;
- Any willful destruction or removal of public or private property;
- Placing an individual in a situation of actual or simulated peril or jeopardy;
- Undignified stunts or methods, either private or public, and/or any ordeal that is in any respect indecent or shocking to moral, cultural, or

religious scruples or sensibilities; and

- Kidnapping and paddling.

Social Media and Networking Guidelines

Online social media channels and social networking websites are great ways for you to share information and stay connected with family and friends. The Athletics Department recognizes and supports your rights to freedom of speech, expression, and association, including the exercise of those rights on social media websites. Any online posting, however, must be consistent with federal and state laws, the NCAA Constitution and Bylaws, the Big Ten Conference rules and regulations, the Penn State Code of Conduct for Intercollegiate Athletics, the University Student Code of Conduct, the Penn State Intercollegiate Athletics Policy Manual (the “ICA Policy Manual”), the Penn State Student-Athlete Handbook, and any other applicable University and/or Athletics Department policies and procedures.

Student -Athlete Expectations

Because representing Penn State as a student-athlete is a privilege, you should exercise your rights to free speech, expression, and association responsibly. Social media content that negatively reflects upon you, your teammates, your coaches, the Athletics Department, or the University should be avoided. Examples of inappropriate content includes but is not limited to posting or sharing photos, videos, information, and/or comments that:

- Depict personal use of alcohol, drugs, or tobacco (e.g., holding bottles, cans, shot glasses, etc.);
- Display content of a sexual nature, including pornographic links;
- Condone drug-related activities, including but not limited to images portraying personal use of marijuana and drug paraphernalia;
- Exhibit inappropriate or offensive language, including threats of violence and derogatory or discriminatory comments;

- Suggest participation in gambling or gaming-related activities;
- Portray poor sportsmanship (e.g., unsportsmanlike comments towards opposing teams, players, teams, coaches or officials);
- Depict or encourage unacceptable, violent or illegal activities such as hazing, assault, harassment, discrimination, fighting, vandalism, academic dishonesty, etc.;
- Constitute a violation of the NCAA Constitution and Bylaws or the Big Ten Conference rules and regulations (e.g., commenting publicly about a prospective student-athlete, providing information related to sports wagering activity, soliciting impermissible extra benefits, etc.); and
- Is sensitive or personal in nature or is confidential to the Athletics Department (e.g., tentative or future team schedules, injuries and eligibility status, travel plans, etc.).

Social Media Guidelines and Recommendations

Some people who use social media channels may not be who they portray or appear to be, or may desire to compromise your integrity, invade your privacy, cause you significant embarrassment, or take advantage of you for purposes of sports gambling or negative publicity. When using social media apps and/or social networking websites, keep the following in mind:

- Set your security so that only “friends” can view your profile and be careful about those you add as a “friend.”
- Do not post personally identifiable information.
- Limit information about your whereabouts to minimize the potential of being stalked, assaulted, or becoming the victim of other criminal activity.

- Be cautious about the social networking groups you join to be sure you want to be publicly associated with them.
- Be selective in utilizing online services that provide your location to strangers.
- If you are ever in doubt about the appropriateness of your postings, ask yourself whether they positively reflect you, your teammates, your coaches, the Athletics Department, and the University.
- Many employers, graduate school admissions officers, and even pro scouts review social media channels as part of their overall evaluation of an applicant/candidate. You must carefully consider how you want people to perceive you before you give them a chance to misinterpret your character.

Benefits / Extra benefits

An “extra benefit” is any special arrangement made by a Penn State staff member, a representative of Penn State’s athletics interest (booster), a sports agent, or a commercial enterprise to provide student-athletes and/or their parents/guardians, relatives, or friends with a benefit not expressly authorized by the NCAA and not generally available to the general student body or general public.

Receiving an extra benefit renders a student-athlete ineligible for athletics competition. Student-athletes and their parents or relatives are generally not permitted to accept any benefits (e.g., lodging or meals) from Penn State staff, boosters, and friends of the University.

Extra benefits include special discounts or credit on purchases or services, a loan of money or a tangible good, use of an automobile or credit card, purchase of a meal or other item of value, free or reduced rent or benefits connected with off-campus housing, and professional services provided at less than the normal rate or at no expense to the student-athlete. Student-athletes are not permitted to have University or Intercollegiate Athletics’ employees perform typing services on their behalf.

Prohibited Benefits

Prohibited benefits include, but are not limited to:

- **Discounts and Credits:** Student-athletes may not receive a special discount, payment arrangement, or credit on a purchase (e.g., airline ticket, clothing) or a service (e.g., laundry, dry cleaning) unless through a valid and disclosed employment arrangement.
- **Entertainment Services:** Student-athletes may not receive services (e.g., movie tickets, dinners, use of car) from commercial agencies (e.g., movie theaters, restaurants, car dealers) without charge or at reduced rates, or free or reduced-cost admission to professional athletics contests from professional sports organizations, unless such services also are available to the general student body or received because of an employment arrangement (NIL).
- **Free or Reduced-Cost Services:** Student-athletes may not receive professional services (for which a fee normally would be charged) without charge or at a reduced cost. Professional services provided at less than the normal rate or at no expense to student-athletes are considered an extra benefit unless they are available on the same basis to the general student body.
- **Benefits From Former Teammates:** Any benefit provided by a former student-athlete to a current student-athlete must be consistent with the value and nature of benefits exchanged between the two individuals during their time as teammates at PSU.
- **Athletic Equipment, Apparel, and Awards:** Student-athletes may not accept athletics equipment, supplies, or clothing directly from a manufacturer or commercial enterprise unless it is in exchange for services provided by the student-athlete (NIL). This does not include apparel, equipment, and awards issued by Penn State.

- **Other Prohibited Benefits:** A loan of money (including co-signer arrangement with an individual that the student-athlete is not naturally or legally dependent); an automobile or the use of an automobile unless through a disclosed employment agreement (NIL); and transportation from someone other than a Penn State staff member (e.g., a ride home), even if the student-athlete reimburses the individual for the appropriate amount of gas or expense.

Sponsor Families

A member institution shall not permit staff members or any individuals to serve as “sponsors” or “families” for student-athletes who are enrolled in the institution.

Occasional Meals

Each student-athlete may receive “occasional meals” under NCAA rules. Occasional meals are defined as meals provided on an infrequent basis or special occasion. Any student-athletes receiving an occasional meal from any source must provide advanced notice to a member of their coaching staff. All occasional meals must take place within a 30-mile radius of Penn State.

Employment

Types Of Employment

- **Traditional Employment** – Traditional employment means a student-athlete is employed in a position not utilizing their name, image, or likeness in a promotional or commercial context.
- **Name, Image, Likeness (NIL) Employment** – NIL employment is defined as use of a student-athlete’s name, image, and or likeness being utilized in a promotional context to promote a product, service, or entity in exchange for compensation or remuneration.

Permissibility of Employment

The NCAA does not place any limits on the amount of income a student-athlete can earn through outside employment, provided

- The student-athlete is compensated only for work actually performed
- The student-athlete is compensated at a rate equal to the going rate in that locality for similar services
- Compensation is not provided for the student athlete's publicity, reputation, fame, or personal following obtained because of athletics ability. This excludes documented NIL deals.

Communication Of Student-Athlete Employment Arrangements

Traditional employment during the regular academic year is subject to prior approval through the ARMS platform. Traditional employment taking place over the summer vacation period is reported through the compliance forms administered to all student-athletes at the beginning of each academic year. NIL employment taking place at any time, including PSU vacation periods (e.g., winter break), should be disclosed through the INFLCR platform prior to when the employment activity begins or a contract is signed.

International Student-Athletes

Student-athletes here on an F-1 visa should consult with the Global Programs staff before beginning any form of employment to ensure adherence to all Federal rules and obligations.

Complimentary Admissions

Student-athletes generally may receive up to four (4) complimentary admissions to each home and away contest in their sport. Student-athletes may not receive payment, or any item of value or service, from any source for the complimentary admissions. Student-athletes jeopardize their eligibility status by not following complimentary admissions policy or NCAA rules.

Penn State may not provide a special arrangement to sell a student-athlete ticket(s) to an athletics event. Tickets shall be available for student-athletes to purchase according to the same purchasing procedures used for all students and the general public.

Practice and Competition

Athletically Related Activities: Practice

Practice is an athletically related activity held at the direction of, or supervised by, any member or members of the coaching staff. The NCAA imposes daily and weekly practice limitations on practice related activities. Practice hour limitations generally do not apply during official vacation periods published in the University's official calendar.

Playing Season Limitations

- Twenty (20) hours per week: Student-athletes are limited to 20 hours per week of athletically related activities.
- Four (4) hours per day: Student-athletes are limited to 4 hours per day of athletically related activities.
- One (1) day off per week: Student-athletes should be free from countable athletically related activities during at least one calendar day per week

Outside The Playing Season Limitations

- Eight (8) hours per week: Student-athletes are limited to 8 hours per week of countable athletically related activity.
- Four (4) hours per day: Student-athletes are limited to 4 hours per day of countable athletically related activities.
- Two (2) days off per week: Student-athletes should be free from countable athletically related activities during at least two calendar days per week
- All sports except football: All athletically related activities outside the playing season are prohibited one week prior to the beginning of the final examination period for the applicable academic semester through the conclusion of each student athlete's final exams.

Outside Competition: Prior Approval Required

Student-athletes must obtain prior written approval to participate in any form of outside competition during the Fall or Spring semesters.

Requests for prior approval must be submitted by the student-athlete's coach via the "Waiver for Outside Competition" form in ARMS.

Voluntary Athletically Related Activities

In order for an athletically related activity to be considered voluntary, the following conditions must be met:

1. The student-athlete may not be required to report back to coaches or staff, including strength and conditioning coaches, information related to the activity.
2. Engagement in the activity must be initiated and requested by the student-athlete
3. A student-athlete's attendance at an activity may not be recorded for the purpose of supplying information about the voluntary activity to the coaching staff.
4. There may not be a reward for engaging in a voluntary activity and there may not be a penalty or sanction for choosing not to engage in such an activity.

Summer Athletically Related Activities

NCAA rules do not permit coaches to require or monitor athletically related activities during the summer vacation period when a team is considered to be "out of season" except as noted for the sports of basketball and football.

Safety Exception Activities – Coaches may be present at voluntary practice sessions requested by student-athletes at any time of year in the sports of fencing, gymnastics, swimming and diving, wrestling and, the field events / hurdles / steeplechase jumping in the sport of track and field. Coaches are not permitted to conduct these workouts but may provide instruction.

Individual Sport Exception – Coaches may be present and provide skill instruction to student-athletes in individual sports who request assistance during vacation periods and summer when the team is out of season.

NCAA Time Management Legislation

The NCAA implements time management legislation. The key elements of this legislation are as follows:

1. Each team shall be required to have a time management plan that summarizes how the team will implement the NCAA's time balance legislation.
2. Teams shall provide 14 additional days off, beyond the existing one day off per week required during the playing season and two days off per

week required outside the playing season.

3. All days off must be RARA free except multi-time life skills activities and medical and academic activities. Also, teams are permitted to consider any day in which their return from team travel occurs prior to 5:00 a.m. a day off.
4. Student-athletes must receive 24 hours' notice of all RARA activities, unless mitigating factors, such as weather and facility availability, preclude provision of adequate notice.
5. Enhanced student-athlete involvement in the scheduling of team activities and a mandatory end-of-year review process aimed at reviewing each team's compliance with its time management plan.
6. Travel days may no longer be counted as a weekly team's day off.

Penn State requires each sport program to provide student-athletes with a calendar of all scheduled RARA activities at the start of each month. Updates can be made to the calendar at any time so long as adequate notice is provided to impacted student-athletes.

Promotional Activities and Appearances

The use of a student-athlete's name, picture, or appearance by any individual or group for a promotional activity must be approved in writing by the Director of Athletics or designee *prior to* the student-athlete's participation in the activity, unless such activity is considered NIL. If the student-athlete agrees to participate, the authorized representative of the event must sign a release statement *prior to* submitting the request for approval by the Director of Athletics.

The form for this procedure can be found in ARMS.

[NCAA Bylaw 12.5.1.1](#) provides more detailed guidance.

Impermissible Recruitment Activities for Enrolled Student Athletes

Off-Campus Contacts

Enrolled student-athletes should not participate in off-campus recruiting contacts with prospects, as an individual or at the direction of any Penn State staff member or booster. A prospect is a student who has started ninth-grade classes or is attending another 2- or 4-year collegiate institution.

Telephone Calls

Enrolled student-athletes may participate in telephone calls to prospects at the direction of a coach, provided that this participation does not occur on the student-athlete's day off.

Written Correspondence

Enrolled student-athletes may engage in written or electronic correspondence with prospects at the direction or expense of a coach provided the correspondence does not occur on the student-athlete's day off.

Official and Unofficial Recruiting Visits

Responsibilities and Guidelines of the Student Host

The student host is responsible for the care, custody, and control of the prospect, which requires providing adequate supervision, being aware of the prospect's whereabouts, and prioritizing the prospect's safety and well-being at all times.

The head coach (or designee) shall advise the student host and prospective student-athlete about appropriate behavior and responsibilities while the prospect is on their visit, including during the prospect's "free time."

Activities that are strictly prohibited during a prospect's visit include, but are not limited to, the following:

- Use of alcohol, illicit drugs, or sex
- Activities which violate Pennsylvania or criminal laws
- Activities which violate the Athletics Code of Conduct
- Gambling or gambling activities
- Use of strippers, attendance at adult entertainment establishments, or consumption of pornographic material

Entertainment during an official visit shall be limited to the provisions stated in the Student Host Form, as well as to activities which are not prohibited under this policy, the University's general policies and the NCAA's rules and

regulations. The student host and prospect are expected to behave responsibly when making decisions about the prospect's entertainment.

A maximum of \$60 may be spent for the entirety of the visit to cover actual costs of entertaining the prospect (an additional \$60 may be provided to cover all actual costs of entertaining up to four guests accompanying the prospect on the visit), excluding the cost of meals and admission to campus events. If several students host a prospect, the \$60 entertainment money may be utilized to cover the actual and necessary expenses incurred by all hosts. The student host can receive an additional \$60 for each additional prospect the host entertains.

- Hosts may not provide cash to the visiting prospect or any other individuals.
- Prospects may not use the \$60 entertainment money for the purchase of souvenirs such as T-shirts or other institutional mementos.
- The host, the prospects, and their guests are not permitted to receive a discount on purchases from any place of business unless the discount is available to the general student population.
- Hosts may receive complimentary admission to a home Penn State athletics event on the PSU campus, through a pass list, to accompany a prospect to that event during the prospect's official visit. A photo ID must be presented by the host and prospect for admission.
- Hosts may provide transportation during the prospect's official visit. Hosts may not use a vehicle provided or arranged for by institutional staff members or other individuals and should never permit a prospect to use the vehicle.
- Entertainment of prospects must occur within a 30-mile radius of the Penn State Campus. Hosts must obtain the coach's permission before leaving the State College area with a prospect. Prospects must be returned to their overnight accommodations at the conclusion of the day's activities.
- Athletics representatives (e.g., boosters) are not permitted to be involved in recruiting prospects. If an unplanned meeting occurs with the prospect and an athletic representative, hosts must not permit any recruiting conversation to occur; only an exchange of greeting is permissible.
- A prospect may engage in recreational and workout activities provided

such activities are not observed by the coaching staff and are not designed to test the prospect's athletics abilities. Prospects must use their own apparel and equipment. Current student-athletes are not permitted to provide an evaluation of the prospect's athletic abilities to any individual.

Hosts are to ensure that prospects return to their rooms at a time that is consistent with the schedule of activities during the visit, allowing the prospect sufficient sleep time to fully benefit from the academic, athletic, and student life aspects of the official or unofficial visit.

Student hosts and recruits shall comply with all University rules, as well as local, state, and federal laws. Student hosts found to have violated University rules and/or local state or federal law during a prospect visit shall be subject to disciplinary action by the Intercollegiate Athletics Department, the University's Office of Student Conduct and/or Centre County, Pennsylvania legal authorities.

Guidelines to Follow After the Prospect's Visit

The head coach (or designee) is strongly encouraged to meet with the student host to discuss the prospect and the official or unofficial visit. The student host's input and evaluation should be considered valuable information to the recruitment process and should be carefully considered.

Enforcing the Recruiting Policy

Any violations of this policy shall be reported, in writing, to the Director of Intercollegiate Athletics. Violations of this policy by a coach, student host, or staff member will result in the imposition of appropriate sanctions as determined by the proper institutional authorities. If the violation of this policy also constitutes a violation of the Athletics Code of Conduct, the University's Code of Conduct or any university policy, the procedures for adjudication of those policies and any appropriate sanctions will also apply in addition to any

action taken by the Department of Intercollegiate Athletics, The Pennsylvania State University, the Big Ten Conference, or the NCAA.

Gambling

Although wagering on sports in Pennsylvania is now legal, it is not permissible for student-athletes to wager on sports in any manner. The NCAA rules do not permit student-athletes to wager on any sport played at any level. Wagering commonly involves money, but it can be triggered by offering any item of value in exchange for the opportunity to win another item of value. Any allegation of sports gambling involving a student-athlete will be thoroughly investigated, and violations will result in significant disciplinary actions, including loss of collegiate eligibility.

The NCAA prohibition on sports gambling includes all the following behaviors:

- Informal sports betting activities with your family, friends, teammate, or classmates
- Bets made through a sportsbook, regardless of the legality of the bet
- Paid participation in gambling “pools” or bracket contests
- Internet sports gambling and fantasy sports leagues that require a fee in order to participate, including one-day fantasy leagues
- Knowingly providing individuals involved in gambling information about your team
- Altering the outcome of a contest for gambling purposes or financial gain.

Protection of Confidential/Non-Public Team Information

Student-athletes must be mindful of the fact that gamblers will go to great lengths to obtain information that will give them an edge in betting. Therefore,

it is critical that student-athletes use caution when sharing information about themselves or Penn State Athletics. A simple conversation with a friend about an injury that occurred at practice or a well-intentioned social media message to a teammate who is going through some personal challenges could be used to benefit gamblers. Student-athletes should be particularly wary of individuals who regularly seek details about the health, eligibility, or status of team members.

Agents and Professional Service Providers

Name, Image, Likeness Service Providers

NCAA rules allow student-athletes to employ service providers, including agents, to work on their behalf on name, image, likeness activities. However, an agent serving in this capacity may not represent the student-athlete's abilities as an athlete to professional teams or leagues unless a specific exception to NCAA rules applies.

Use of Agents to Represent a Student-Athlete as a Professional Athlete

Student-athletes shall be ineligible for participation in an intercollegiate sport:

- If the student-athlete (or their relatives or friends) has ever agreed (orally or in writing) to be represented by an agent, contract advisor, or any person affiliated with a contract advisor including “runners”/recruiters, financial advisors, marketing representatives, and insurance agents (collectively “Service Providers”) in the present or in the future for the purpose of marketing their athletics ability to participate in a sport as a professional.
- If the student-athlete (or their relatives or friends) enters into an agreement with a Service Provider for representation in future professional sports negotiations that are to take place after the individual has completed eligibility in that sport. See NCAA Bylaw 12.3.1 for specific exceptions for baseball, men's basketball, and men's ice hockey.
- If the student-athlete (or their relatives or friends) accepts any benefits from any person wishing to represent the individual in marketing their athletics ability to professional sports organizations.

- If the student-athlete participates with a professional team in a tryout that lasts longer than 48 hours, which the student-athlete has not personally financed
- If the student-athlete participates in a tryout with a professional team during the academic year and misses class
- If the student-athlete actively enters the draft AND does not take the appropriate steps to withdraw and declare an intention to resume intercollegiate participation.

CONTACT BY AGENTS

Student-athletes and their family members should be very careful about any interaction with agents or financial advisors until their eligibility has been exhausted. To avoid eligibility issues, the Athletics Department requires student-athletes to inform the Athletics Compliance Office at 814-863-8048 if any agent (financial advisor, insurance agent, runner, etc.) contacts them.

If student-athletes or their parents or relatives are contacted by agents or their representatives during the time period permitted per the regulations of professional league players associations (e.g., NFLPA, WNBAPA, NHLPA), they should do the following:

- Advise the agent that they are required to register with the Penn State Athletics Compliance Office.
- Advise the agent that they are required to register with the State of Pennsylvania. The agent can register at 717-787-5720 or via the Pennsylvania State Athletic Commission - Athlete Agent Information Website.
- Request a resume with references and information about the services offered by the agent's firm.
- Advise the agent that you will review the information to determine who you will interview.
- Remember that you are in charge and can dictate how and when agents interact with you. An agent who does not follow your guidance likely would not be someone you want to contract with in the future.
- Contact the Penn State Athletics Compliance Office to inquire about the background and status of an agent or financial advisor.

- Contact agents as necessary and notify the selected agents for interviews at the conclusion of your final playing season.
- Keep your head coach and the Athletics Compliance Office informed of all activities during this process.
- Be careful with whom you associate during this process.

Transfer Rule and Policy

A staff member or other representative of another NCAA institution's athletics program shall not contact a Penn State student-athlete without first confirming that he or she has an active listing in the NCAA Transfer Portal.

Here is what you need to know about the NCAA Transfer Portal and Notification of Transfer Process:

- Student-athletes can only be entered into the Portal by the Athletics Compliance Office staff. The ACO staff will have the student-athlete complete an acknowledgment form and fully explain the Notification of Transfer process to the involved student-athlete, including a review of potential negative impacts. In accordance with NCAA rules, the ACO staff has two business days from the time the form is received to enter the student-athlete's name into the database.
- Anytime a student-athlete triggers the Notification of Transfer process, the ACO staff will inform the involved coaching staff that an entry into the Transfer Portal has been completed. Coaches do not have the ability to deny a student-athlete's request to be included in the Transfer Portal or to speak with certain schools.
- If a junior college transfer, graduate transfer, or undergraduate student that has not transferred before requests to enter the Portal is received between terms, athletics aid may be immediately cancelled. If the request is received during the Fall or Spring term, the effective date of any reduction or cancellation of athletics aid will be the end of the term in which the request was received.
- A student-athlete transferring from one institution to another shall serve a semester in residence at the new institution if they do not leave the original institution in good academic standing and academically eligible.

Coach Discretion of the Student Athlete's Status on Team Roster

Coaches have broad discretion in determining the individuals who make up his or her team's active roster. While NCAA rules do not limit a coach's ability to remove a team member from the active team roster, a student-athlete's continued receipt of athletically related financial aid is governed by NCAA rules. Student-athletes who are receiving athletics aid, but not on the active team roster remain subject to NCAA rules (academic progress requirements, etc.), all terms and conditions of the athletics grant-in-aid agreement, and all drug testing programs.

Continued Receipt of Athletic Benefits after Being Removed from a Team's Active Roster

As long as a student-athlete remains on the active roster of his/her sport(s), the student-athlete's access to all student-athlete benefits, such as nutritional support, medical care, facility access, etc., will remain intact. However, if he or she is removed from the active roster for any reason, all benefits related to varsity athletics participation shall immediately cease except for health care for an injury that resulted from athletics participation while on the active roster and academic support services provided by the Morgan Academic Center.

Students who are removed from the team's active roster and not receiving athletics aid shall retain academic support benefits for the remainder of the semester in which the roster transaction was made. Students who continue to receive athletics scholarship funds retain access to academic support services for any academic term in which athletically related financial aid is received.

Vehicle Registration

All students must register their vehicles with the Penn State Parking Office and Athletic Compliance Office and display a current parking permit if the vehicle

is to be parked on campus. Students must keep vehicle information up to date. Students residing on campus with 29 or fewer credits are not permitted to have a vehicle at the University Park Campus during Fall and Spring semesters. Student-athletes must pay all parking fines. Outstanding fines will result in a registration hold.

Moped and Bicycle Registration

All students, graduate and undergraduate, who own or operate a moped or bicycle must display a current registration tag issued by University Safety or the Borough of State College. The Athletic Compliance Office may request information related to moped or bicycle possession, including purchase, registration, and/or insurance information, at their discretion.

Media Relations

Student-athletes have a responsibility to the University, Penn State Intercollegiate Athletics, and their teams to best represent Penn State when interacting with the media. All student-athletes should recognize that the public acceptance and/or portrayal of them as students, athletes, teammates, and citizens are often based on their interactions with the media.

Student-athletes should never agree to an interview unless arrangements have been coordinated by the Strategic Communications Office. A member of the Strategic Communications staff must arrange a time and method (phone, meeting, e-mail, etc.) to conduct the interview.

Student-athletes should be aware of the importance of time in scheduled personal interviews or in returning telephone calls arranged by the Strategic Communications office. If student-athletes encounter problems in a scheduled appointment, the Strategic Communications office should be notified immediately (814-865-1757).

Student-athletes should not answer questions if they do not wish to respond. An acceptable response in any interview is, "Thank you, but I would rather not answer that question."

If student-athletes do not feel comfortable with the questions, answers, or general tone of the interview, they should discontinue the interview respectfully excusing themselves and immediately notify the Strategic Communications Office personnel at 814-865-175

Drug and Alcohol Testing and Education

Penn State ICA advocates for the development of a healthy and responsible lifestyle for its student-athletes during their college experience, as well as for the remainder of their lives. Education and counseling are the cornerstones of the program.

The goals of the program are:

- To educate student-athletes regarding substance abuse and its potential harms;
- To protect the health and safety of student-athletes, coaches, and support staff involved in the care of student-athletes;
- To detect and provide support to those affected by substance abuse;
- To promote fair competition; and
- To promote appropriate standards of behavior for all student-athletes, coaches, and support staff involved in the care of student-athletes.

The Program tests for three major categories of substances: alcohol, illicit substances, and performance enhancing drugs. Participation in the program is required for all members of a varsity intercollegiate athletics program. Full details of the Program, including its safe harbor provision, listing of penalties, and commonly asked questions [can be found here](#).

Student-Athlete Wellness and Medical

Sports Medicine Services

Available Medical Services for Injured Student-Athletes

Student-athletes may receive medical services for athletically related injuries and certain illnesses resulting from the participation in sanctioned athletic activities, including, but not limited to team travel, competition, practices, try-outs, and conditioning sessions during the playing season. Moreover, student-athletes also may receive medical services for athletically related injuries sustained during off-season practices and conditioning sessions, whether on or off campus, that are authorized, organized, and directly supervised by the following Athletics Department (the “Department”) personnel: coaches, assistant coaches, strength and conditioning coaches, volunteer coaches or athletic trainers. Injuries and certain illnesses sustained during Department- or University-sponsored events, such as the Big Ten Media Day, President’s Tailgate, NCAA-sanctioned international travel, and other similar events also are covered.

Accessing Medical Services for an Athletically Related Injury

When needing medical services for an athletically related injury, the student-athlete must contact the athletic trainer of their sport or activity as soon as possible. The athletic trainer shall be responsible for coordinating any relevant medical services with the Team Physician, the Team Orthopedic Surgeon, and/or the Team Dentist. After the initial consultation, the athletic trainer shall abide by any standing order of the Team Physician, Team Orthopedic Surgeon, and/or Team Dentist (for sport related dental injuries only). When under the care of a treating physician, the student-athlete may discuss any private medical concerns with that treating physician directly and may choose not to inform the athletic trainer of the topic that was/will be discussed, however the treating physician may choose to inform the athletic trainer to ensure the best level of care. For communication and record-keeping purposes, the student athlete must schedule any such appointment(s) to see the treating physician through the athletic trainer.

These policies and procedures shall not be construed to limit or restrict the student-athlete’s ability to choose his or her own health care or medical services providers. Nor

shall it be construed to limit or restrict the student-athlete's access to a medical doctor of his or her own choosing. However, unless the student-athlete strictly adheres to the policies and procedures set forth in this document, the student-athlete may not be eligible for coverage under the University's Athletic Injury Insurance Program or receive reimbursement from the Department.

Student-Athlete Emergency Care

All coaches, staff and student athletes are provided with annual education on the emergency procedures and information on reducing catastrophic risk of injury or illness within sport. Emergency Action Plans exist for each of the athletic facilities and are provided in the educational training, available on the Sports Medicine Website and posted at the facility where possible.

For medical emergencies, IMMEDIATELY call 911 and AFTERWARDS contact the athletic trainer for the sport if he/she is not present. Additionally, the coach or an individual overseeing the event should initiate the emergency procedures, as specified in the Department's Emergency Action Plans.

For minor injuries or non-emergency injuries, please notify the athletic trainer prior to calling 911 or taking the injured person to the emergency room. When necessary, the athletic trainer is responsible for notifying the Team Physician.

Please consult the Penn State Intercollegiate Athletics' Emergency Action Plan for each athletic venue. Sport Medicine Emergency Action Plan (PDF) - Penn State Athletics (gopsusports.com)

Medical Services Available to Injured Student-Athletes

Team Physician

The Team Physician provides comprehensive primary care, including non-surgical orthopedic care, for athletically related injuries and certain illnesses, and facilitates the student-athlete's entry into the health care consultant system within and, if necessary, outside of the University. The Team Physician has absolute and final authority in determining the physical fitness or health of any student-athlete prior to participation in practice and/or competition. Additionally, whether a student-athlete may participate in a

practice or competition after an injury or illness is at the sole discretion of the Team Physician.

Team Orthopedic Surgeon

The services of the Team Orthopedic Surgeon are available upon referral by the Team Physician and/or the athletic trainer. To ensure continuity of care, student-athletes shall communicate special orthopedic issues to the Team Physician and/or the athletic trainer, who then is responsible for coordinating with the Team Orthopedic Surgeon. Once under the care of the Team Orthopedic Surgeon for a specific injury, the student-athlete shall have direct access to the Team Orthopedic Surgeon, but, for communication and record-keeping purposes, must schedule any such appointment(s) through the Team Physician and/or athletic trainer.

Team Dentist

The Team Dentist is available ONLY through a referral by the Team Physician and/or the athletic trainer. The Team Dentist will provide dental care and consultations ONLY for documented Penn State athletically related dental injuries. When appropriate, injuries requiring special dental procedures will be referred to local dental specialists. ALL appointments for dental care must be coordinated and scheduled directly through the athletic trainer. Students who schedule dentist appointments for routine dental care on their own and without direction from the athletic trainer will be responsible for bills associated with the dental care provided.

Athletic Training Services

The Assistant Athletic Director for Athletic Training Services, along with the help of the Associate Directors for Athletic Training Services are responsible for the overall supervision of the athletic trainers and for the assignment of athletic trainers to the various athletic teams and for athletic event coverage.

Athletic Trainer

Athletic trainers are available to provide treatment, rehabilitation services, sports medicine advice, and consultation for medical concerns by the student athletes. Athletic trainers shall be qualified to handle medical emergencies and have the sole responsibility, in the absence of the Team Physician, to make decisions concerning immediate first aid, CPR, and/or hospitalization of a student-athlete, and the decision as to whether a student-athlete continues to participate after an injury. All coaches shall abide by these decisions.

Athletic trainers shall abide by any standing order of the Team Physician, Team Orthopedic Surgeon, and/or Team Dentist.

Athletic Training Students

Master's in athletic training students operate under a staff athletic trainer's supervision. Athletic training students assigned to specific sports teams shall be qualified to provide emergency health care (e.g., first aid, CPR, etc.) and shall abide by all policies set forth by the Penn State Department of Kinesiology or their affiliated academic program and Intercollegiate Athletics.

Physical Therapy and Other Allied Health Services

Physical therapy and other allied health services must be coordinated through the athletic trainer and the Director of Rehabilitation Services. Athletes under the care of a Penn State Physical Therapist will also continue to have their medical care managed by the athletic trainer. The athletic trainer will continue all communication with the coaches, athletic performance, team physician, etc. regarding the athlete's care and participation status.

Physical Examinations

Medical Clearance Requirements

Prospective student-athletes must not have had any disqualifying abnormalities on a physical examination performed by a licensed physician within the six (6) months prior to trying out for an athletic team. Before participating in any athletic activity at Penn State, each student-athlete who is selected to become an official member of the team shall submit to a thorough online medical history evaluation and pre-participation physical examination and which shall be performed by the Team Physician. The medical clearance process includes completion of the online medical history/review forms in the Penn State Smartabase system (access provide by the athletic trainer, a physical examination by the team physician, an EKG, an echocardiogram, bloodwork (including sickle cell testing if not confirmed by family physician), and baseline concussion testing. Each student-athlete shall submit to an annual physical assessment and online medical history/review by the athletic trainer, unless the information provided through the online annual forms warrants another physical examination (see below).

The Big Ten requires an annual review of the health status of each student-athlete. Thus, each student-athlete is required to complete an online annual health care update. Any

reported changes may trigger further evaluation, and, at the Team Physician's discretion, a physical examination may be required at that time.

The head coach of each sport shall be responsible for ensuring that this policy is strictly followed. In addition, head coaches are responsible for ensuring that all student-athletes comply with this physical examination policy and do not participate in athletic activities until they are medically cleared.

Walk-on Try Outs

Compliance shall secure a signed Medical History Form from each candidate. Prospective student-athletes with no disqualifying abnormalities who have not had a physical exam conducted by a licensed physician within the previous six (6) months shall obtain a physical examination at their own expense and present a copy of the physical examination before participation will be permitted. Results of testing for Sick Cell Trait (SCT) must also be provided PRIOR to participation in a tryout or training session. If selected or added to the team roster, the student must undergo the full medical clearance procedures before they can participate further.

Exit Physical for Departing Student-Athletes

A student-athlete who voluntarily or is removed/cut from the team shall submit to a physical examination and a medical history evaluation within 2 weeks of their departure from the team. The student must report any existing or unresolved athletically related medical conditions or injuries to be eligible for any ongoing medical treatment and Athletics insurance coverage for these injuries.

A student-athlete who exhausts their NCAA eligibility must submit to an Exit Physical within 2 weeks of their final NCAA competition. The student must report any existing or unresolved athletically related medical conditions or injuries to be eligible for any ongoing medical treatment and Athletics insurance coverage for these injuries. Medical care for any unresolved Penn State athletically related injuries can be extended to varsity athletes for up to 2 years from separation from the team if reported during the exit physical process as unresolved. Ongoing medical care must be coordinated through Penn State, will occur at a facility outside of any Athletics athletic training facility and the athlete must maintain and provide proof of an active primary insurance policy for the duration of any ongoing treatment.

Ineligible Student-Athletes and Transfers

Coaches who permit student-athletes who are academically ineligible, or those who have transferred from another school, to participate in scheduled practices or scrimmages,

shall require such student-athletes to be medically cleared prior to any athletic related participation.

Student-Athletes' Insurance Responsibilities

It is the responsibility of the student-athlete or the parent or legal guardian of the student-athlete to provide the Department with all personal or family health insurance information, as well as any updated insurance cards or

changes that may occur in coverage. Student-athletes not enrolled in a personal or family health insurance plan are encouraged to speak with the athletic trainer and may purchase the Penn State Student Health Insurance Plan. International student-athletes are required to have a health insurance plan with coverage comparable to that of the Student Health Insurance Plan. A primary insurance policy must be retained at all times and continue after departure from the team or university for coverage of any unresolved athletically related injuries. See information under Health Insurance at <https://studentaffairs.psu.edu/health-wellness#>.

Supplemental Insurance Coverage

Student-athletes are covered under the University's Athletic Injury Insurance Program for any qualified Penn State athletically related injury and certain athletically related illnesses. The University's Athletic Injury Insurance Program provides excess coverage for medical expenses not covered by the student-athlete's personal or family medical, dental, or vision insurance, and lasts for a period of exactly 2 years from the date the student-athlete sustained the injury, provided there is a record of the injury or illness reported to the athletic trainer or team physician at the time of injury.

The University's Athletic Injury Insurance Program covers athletically related injuries and certain illnesses resulting from participation in intercollegiate athletic activities, including team travel, competition, practices, tryouts, and conditioning sessions during the playing season. Moreover, student-athletes also may receive medical services for athletically related injuries sustained during off-season practice and conditioning sessions, whether on or off campus, that are authorized, organized, and directly supervised by designated Department personnel. The Athletic Injury Insurance Program also covers University-sponsored special events, such as the Big Ten Media Day, President's Tailgate, NCAA-sanctioned international travel, and other similar events.

Student-athletes may be covered by a separate insurance plan when traveling internationally for an athletic event. For more information regarding travel coverage, please consult the University's Travel Policy, available for review at <https://guru.psu.edu/policies/PennStateTravelPolicy.html>.

Non-international student-athletes not covered by a personal or family health insurance plan or those who lose insurance during a playing season shall immediately notify the athletic trainer of their insurance status. Students must have a personal primary insurance plan or enroll in the Penn State Student Health Insurance Plan in order to utilize the University's Athletic Insurance Program for athletic related injuries.

Medical Bills Processing

Medical expenses incurred for a qualified athletically related injury or illness will first be submitted to the student-athlete's personal or family health insurance plan. Any deductible or portion of legitimate expenses not covered by the personal or family health insurance plan shall be submitted to Penn State Sports Medicine, Office of Athletic Insurance & Billing for payment under the Athletic Injury Insurance Program. If the student-athlete or their parent or legal guardian receives a check directly from the insurance company for an athletic related injury, they shall ensure that the payment is forwarded to Penn State Athletics by way of the Insurance Coordinator, Chris Chronister (814-865-2735) or cdc5375@psu.edu. Failure to do so is an NCAA violation.

The University's Athletic Injury Insurance Program is a "supplemental plan" and only applies after claims have been submitted through a student-athlete's primary insurance. Parents should NOT list this insurance as a primary or secondary insurance plan for their child.

Medical bills are determined to be athletic related or non-athletic related by the athletic trainers, team physicians and the ICA administration.

The student-athlete shall be responsible for any medical expenses arising from any non-athletically related injury or illness not covered by the student-athlete's personal or family health insurance plan.

Medical services will always be processed first through the student's primary health insurance first. If the injury or illness is a direct result of participation in an athletic event supported by Penn State Intercollegiate Athletics

(ICA), any remaining balance will be covered by the ICA supplemental insurance. This includes deductibles and/or co-pays, and any additional out-of-pocket costs. If accurate primary student health insurance information has been provided, these expenses are automatically paid when due. Parents or guardians should be notified by their insurance company when a claim has been filed against their insurance.

For services provided outside the athletic training room for injuries or illnesses NOT athletically related, all bills will be processed through the student's primary insurance. Any costs left over after payment by the primary insurer will be the student's responsibility. In some cases, at the sole discretion of Penn State ICA, these costs may be paid by Penn State ICA.

Student-athletes are not eligible to receive medical treatment through the Department of Intercollegiate Athletics for any illness or injury that occurs after they have exhausted their eligibility, or are no longer part of the team (quit, dismissed, etc.), except in the case of an injury or illness that began as a direct result of participation in an athletic event that was sponsored by Penn State Intercollegiate Athletics (ICA) while they were on the roster and was reported as unresolved during their Exit physical. Ongoing medical care will be offered outside of the Athletic Department facilities at the Penn State Center for Sports Medicine or physical therapy location as requested by the student.

Per NCAA policy, Penn State ICA will assume financial responsibility for care of previously documented athletically related injuries to varsity athletes for up to two years following separation from the team, or until the student-athlete qualifies for coverage under the NCAA Catastrophic Injury Insurance Program, whichever occurs first. To receive financial support for unresolved injuries, the athlete must have reported the injury on their exit physical as unresolved or must be documented in their medical record. The athlete must coordinate medical care through Penn State and maintain and provide proof of usable primary insurance for any ongoing treatment.

Effective August 1, 2024, the student will be eligible to receive insurance coverage through the NCAA for a Penn State athletic related injury that has been documented during their athletic participation, reported as unresolved at their exit physical and exceeds the Penn State Athletics Insurance coverage of 2 years from the date of injury. This coverage will apply if the Athletics insurance coverage of 2 years from the date of injury expires. This coverage will last for exactly 2 years from the date of separation from the institution and requires that the athlete maintain a primary insurance policy.

- *Intercollegiate Athletics shall NOT be financially responsible for medical services pertaining to:*

- *Illness or injury occurring in non-athletically related activities or athletic events outside of those sanctioned by Penn State Intercollegiate Athletics.*
- *Medical service for illness or injury after completion of athletic eligibility, unless the case was reported on the exit physical as unresolved and has remained under treatment by the Penn State Sports Medicine Department, the team physicians, or the Penn State medical consultants at the completion of the student-athlete's NCAA eligibility. This coverage is limited to no more than 2 years.*
- *Services for routine or preventive dental care, including treatment for cavities, cleaning, impaction, and corrections of congenital defects that did not result from an illness or injury occurring in a practice or competition organized or sponsored by the University or the Athletic Department.*
- *Contact lenses, unless specified for athletic participation by the team physicians or athletic trainers.*
- *Immunization or desensitization (allergy) injections.*

Medical Second Opinions

After the initial medical referral by the athletic trainer, the student-athlete shall consult with the athletic trainer and Team Physician regarding the evaluation, treatment, or management of an athletically related illness or injury. If the student-athlete wants to seek a second opinion, they shall be responsible for any costs associated

with the second opinion or diagnostic testing by the outside provider. In most cases, a second opinion can be offered within the Penn State Health System at no cost to the student athlete. The Assistant AD for Athletic Training Services through consultation with the Director of Athletic Medicine, may determine, after consulting with the athletic trainer and the treating team

physician, that under the circumstances of the case there is justifiable reason for the Athletic Department to support and pay for the second opinion.

Medical Procedure or Treatment Not Covered by the Athletic Injury Insurance but Deemed Necessary to Participate in an Athletic Activity

The Athletic Department, at its sole discretion, may pay for costs or fees associated with medical procedures or treatment that may be necessary for the student-athlete's participation in an athletic activity, but that may not qualify for coverage under the University's Athletic Injury Insurance Program. Such medical procedures or treatment **MUST** be pre-approved by the Assistant AD for Athletic Training Services, Director of Athletic Medicine or Director of Athletics (or his/her designee).

Any costs and fees incurred from treatment will first be submitted to the student-athlete's personal or family health insurance plan. Any deductible or portion of the legitimate expenses not covered by the personal or family health insurance plan shall be submitted to the Athletic Department for payment if approved. If the student-athlete or their parent or legal guardian receives a check directly from the insurance company, they shall ensure that the payment is forwarded to Penn State Athletics by way of the Insurance Coordinator, Chris Chronister (814-865-2735) or cdc5375@psu.edu. Failure to do so is an NCAA violation.

Transportation and Other Treatment-Related Expenses Covered by the Department

The Athletic Department will determine, case-by-case, whether to cover transportation and other treatment-related expenses incurred by a student-athlete due to an athletically related injury or illness.

Medical Waivers

Medical Hardship

When a student-athlete experiences a season ending injury (as determined by a Penn State Team Physician) prior to participation in a certain number of competitions during their season (varies by sport), the coach can initiate

application of a medical hardship waiver which is approved or denied by the Big Ten. Student athlete has to be ruled medically unable to continue participating in practices and competitions for the remainder of the season to qualify. Medical documentation of their injury and treatment will be provided to the Compliance Office for application for a Medical Waiver with the Big Ten.

Medical Non-Counter

When a student-athlete experiences a career ending injury (as determined by a Penn State Team Physician), the coach can initiate application of a medical non-counter waiver which is approved or denied by the Big Ten. Medical documentation of the injury and treatment will be provided to the Compliance Office for application for a Medical Non-Counter/Medical Retirement with the Big Ten. This waiver is to exempt their financial aid from counting towards the team limits for all future years of their eligibility, and they cannot participate in their sport moving forward.

Season Ending vs Career Ending Injury Definitions:

The applicability waivers are determined by the Penn State medical staff ONLY. Season ending refers to an event that would prevent the student-athlete from being cleared by the medical staff for the remainder of the season. Career ending refers to a medical injury that the student-athlete would not be able to overcome during the remainder of their athletic career to the point they would not be medically cleared to compete. The team physician has the discretion to rule that a student athlete should medically retire.

Concussions

All student athletes must complete a baseline concussion assessment and annual review as a part of their medical clearance. All coaches, staff and student-athletes have a responsibility of reporting or referring any student-athlete that displays or reports concussion signs or symptoms to the medical staff for further assessment.

The team physician is responsible for filling out the Return to Academics/Academic Restriction Form for an athlete who has sustained a

concussion when needed and shall provide it to the team's academic counselor and athletic trainer.

The team physician has sole authority to determine when or if a student athlete may return to their sport following a concussion as well as medical retirement if they deem warranted due to concussion history.

The management of a concussed student athlete and the steps of their return to play will follow the guidelines as outlined in the Concussion Management Policy. Please refer to "The Penn State University Concussion Management Policy" for comprehensive concussion information.

Performance Nutrition

Overview And General Services

The Performance Nutrition Department is led by a team of Registered Dietitians who serve as members of the Sports Performance Team. A Registered Dietitian (RD) or Registered Dietitians Nutritionist (RDN) is a licensed food and nutrition expert who can translate the science of nutrition into practical solutions for health, well-being, and sport performance.

Within Intercollegiate Athletics, the Performance Dietitians philosophy provides a "food first" fueling principle providing an optimal nutritional experience with aims to drive high-performance through research-centered, evidence-based methodologies, nutrition assessment, education, and counseling. Thus, contributing to the development of elite-level student-athletes while promoting their overall health and well-being.

The overarching services of the Performance Nutrition Department include:

- Engagement; Assessments, presence at practice/competition, performance meetings, team meetings, and social media
- Education: Team education, department education, grocery store tours, cooking demos
- Fueling: Individual assessments, training table, fueling station, travel, Pepper App

Locations and Contact information

Primary offices are located at Lasch Complex Performance Suite #122, and 155 Recreation Hall. A full directory [can be found here](#).

Education And Counseling

Overview: Each team is assigned a primary Registered Dietitian. Nutrition education and counseling is available through this assigned professional. Education can be conducted as a team event or individualized and may be focused on performance, health, or both.

Performance: Learning how to properly eat and hydrate around workouts will enhance the body's ability to train optimally, recover efficiently, and ultimately maximize physical development. Services directly correlate to nutrition and training. Services include but are not limited to education regarding body composition, training and competition weights, energy and hydration, injury and illness prevention and recovery, and performance driven outcomes.

Consultations: Penn State's Performance Dietitian focuses on assessing the person's health first and their athletic performance second. Consultations can be requested for various reasons, including but not limited to; general health, performance, injury recovery/prevention, disordered eating/eating disorders, digestive health, bodyweight, and composition goals. In conjunction with members of sports medicine and the campus health center, the Performance Dietitians work to provide comprehensive care to those struggling with disordered eating and eating disorders. An eating disorder care team is often formed to support those in need. This typically includes the team dietitian, team physician, athletic trainer, and specialty members such as an ED physician and counselor. Cases are managed by the team physician and guided by the Sports Performance Team.

Special Dietary Needs

Those with special dietary needs such as food allergies, intolerances, or pre-existing medical conditions should contact their team dietitian to initiate care and secure resources. The dietitian can also direct the student to the appropriate resources on campus.

Dietary Supplements

Penn State takes a food-first approach and believes that the nutritional needs of student-athletes should be met through their diet compared to supplementation. In accordance with NCAA rules, Penn State has appointed the Performance Nutrition Department as the primary resource for questions involving nutrition supplements.

The NCAA has a “Banned Substance List” that is updated each year. The list [can be found here](#). Student-athletes must comply with the NCAA Banned Substance policy to ensure safety and eligibility in their sport. It is the athletes' responsibility to have supplements reviewed by the Performance Nutrition or sports medicine staff before purchasing or consuming. Negligence is not an excuse.

Please refer to Penn State's Drug Testing Policy for more information on how Penn State and the NCAA test for banned substances and the respective penalties for consumption.

Body Weight/Composition Best Practices

Body composition assessments are conducted via DXA. Testing is optional. Test results do not dictate performance outcomes or competition decisions; they aid in the assessment of trends that may affect health or performance. Body weight may be periodically checked as a part of a medical check-up or to assess hydration status. Body Composition and sharing of information is completed through student-athlete consent forms.

Fuel Stations

Fuel stations are placed throughout various training facilities to encourage proper nutrition or “fueling” for training sessions (i.e., lift, practice, etc.). The available products at the fuel stations are tailored to meet specific nutrient requirements and serve the following purposes: pre-workout, during workout, and post-workout fuel, and enhancements such as electrolytes, vitamins, and cherry juice.

Eating Disorder Protocol

Eating disorders result from multi-factorial etiologies that can be triggered by environmental factors. Weighing athletes, punishment for lack of weight control, and linking weight to performance can lead to pathogenic weight control behaviors and, ultimately, eating disorders. The Disordered Eating and

Eating Disorder Protocol can be found through Performance Nutrition, Sports Medicine, and Mental Health department leads.

Nutrition and Reporting Obligations

If a coach or an athletic trainer has reason(s) to believe or has documented evidence that a student-athlete's weight is impeding or impairing his or her performance, the coach or the athletic trainer should refer the student athlete to the team physician and dietitian for consultation.

If a coach, an athletic trainer, or a student-athlete has reason(s) to believe that a particular student-athlete suffers from an eating disorder, that individual shall notify the Team Physician or the Assistant Athletic Director for Performance Nutrition, who is then responsible for notifying the Team Physician. The Team Physician shall be responsible for ruling out any potential underlying medical concerns and shall refer the student-athlete for counseling services. As part of the treatment plan, the mental health counselor may refer the student-athlete for nutrition counseling.

Those with special dietary needs such as food allergies, intolerances, or pre-existing medical nutrition conditions (i.e.: diabetes, celiac, Crohn's, sickle cell, etc.) should contact their team dietitian to initiate care and secure resources. The dietitian can also network the student to the appropriate resources on campus.

Functional Testing/Prescreening

Functional testing of student-athletes may be conducted to provide input for planning individualized conditioning programs, identify muscle strength and imbalances, and any potential for injury. The testing may be coordinated through the athletic performance staff, athletic trainers, and the Team Physician. All functional or baseline fitness testing should occur under the guidelines of the inter-association/NCAA reduction of catastrophic risk and acclimatization policy to insure student-athlete safety.

Athletic Performance

Overview

The Athletic Performance Department is led by a team of certified strength and conditioning professionals who serve as members of the Sports Performance Team.

Each Athletic Performance Coach designs a 360-degree, holistically driven, sports specific strength and power development program for each student athlete. We utilize various technologies to apply research driven approaches while blending the individual needs of the athlete, the demands of their sport and time of year for the sport. We create a safe and healthy training environment in each of our 6 weight room facilities.

Weight Room Policy – Student Athlete Use

Student Athlete Use Policy: Current Student Athlete Use:

Athletes are expected to follow the general guidelines in place in their respective training facility as well as adhere to any specific guidelines put in place by the athletic performance coach working with the team.

General Guidelines are as follows:

1. At no time may an athlete train in the facility without their respective Athletic Performance Coach. Or an assigned AP coach on staff filling in for travel/vacation conflicts.

2. Athletes may only wear Penn State issued gear in training facilities. If ample gear is not available to a student athlete, plain clothing may be worn. If a student athlete is wearing/promoting collegiate schools other than Penn State, they will be asked to leave the facility.
3. All gear worn in training facility should be appropriate per teams' policy
 - A. No bare torsos or shorts with less than 2-inch inseams.
 - B. Athletic shoes should be worn in all training facilities. If recovery or "barefoot" training is being utilized use common sense and be aware of other training sessions occurring in same space.
4. Cell phones must be put in silent mode and kept outside the training facility unless otherwise instructed by AP Coach.
5. Be respectful of other training in words and actions.
6. Clean up your training area and replace equipment exactly as the facility requires when you conclude your training session.

Student Athlete Use Policy: Current Student Athlete Use:

Student-Athletes in their final year of eligibility may continue to use the training facility for the remainder of that academic year if in good standing with program, AP Coach and upon signing a waiver and release. At the conclusion of the academic year associated with their final year of sport participation, they will be considered an alumnus and will follow alumnus usage policy.

Student Athlete Use Policy –Alumnus Student-Athletes

1. Alumni who are in a continued competitive capacity may utilize our training facilities under the following conditions:
2. Alumnus must sign a waiver and release.
3. Alumni must follow guidelines, policy, procedures for the facility.
4. An AP Coach allows access and is present for training. Assistant Athletic Director of Athletic Performance Olympic Sports will have the final determination to allow use of the facility.
5. Facility/weight room use is not extended to family/friends of SAs alumni.
6. No outside personal trainers may coach or be present in the athletic facilities.

7. Privileges may be revoked at any time at the discretion of the Asst. AD of APOS and AP Coaches.

Alumni who do not identify in the competitive capacity may return for a “guest” workout periodically under the following conditions:

1. The alumnus must sign a waiver and release.
2. Alumni must follow guidelines, policy, procedures for the facility.
3. An AP Coach allows access and is present for training. Assistant Athletic Director of Athletic Performance Olympic Sports will have the final determination to allow use of the facility.
4. Facility/weight room use is not extended to family/friends of SAs alumni.
5. No outside personal trainers may coach or be present in the athletic facilities.
6. “Guest” workouts may not exceed 3 per year.
7. Privileges may be revoked at any time at the discretion of the Athletic Performance Director and staff.

High Performance

Overview

The High-Performance department for Penn State oversees and manages all data collection, reporting, and analytical efforts for Intercollegiate Athletics. Our aim is to be “the glue” across all departments that contribute to athletic performance, such as athletic training, strength and conditioning, and nutrition, to create the most comprehensive developmental environment possible. Most forms of testing, involving our extensive array of state-of-the-art technology, are assessed and developed by the high-performance staff. This technology is abundant throughout the weightrooms and performance areas across campus.

All data that we collect is available to the athlete and is never shared with external sources without the athlete’s explicit consent. Athlete data is used in decision making across many areas of logistical involvement, practice planning, training periodization, and performance innovation. This is all

possible through the consistent collaboration and endorsement of student-athletes and performance staff members alike.

Department of Athletic Clinical Psychology

Location: 101 Bryce Jordan Center

Overview:

The goals of the Department of Clinical Psychology are to quickly and adequately address mental health related concerns for the student-athlete population. Common issues include anxiety, depression, stress and overwhelm, burnout, difficulties with eating, sleeping, and time management, relational concerns with family, friends, and/or teammates, and establishing a healthy balance between academics, athletics, and social commitments. Our team is composed of fully licensed clinicians who abide by state regulated mandates for providing psychological intervention.

Services:

- 24/7 Crisis response
- Individual therapy
- Group therapy
- Yearly Olympic standard assessments for all student-athletes (completed 3 months before start of season)
- Consultation services
- Trainings for staff, coaches, and/or teams

How to Access Services:

Student-athletes can reach out directly to a therapist to discuss concerns and schedule a time to meet in person. Our team's flyers are hanging throughout athletic spaces. Student-athletes might also be referred via an

athletic trainer, coach, or academic counselor. All athletics staff and academic counselors have our team's contact information as well.

Confidentiality:

Our department adheres to strict confidentiality practices as mandated by state licensure. Confidentiality refers to the notion of "whatever is said here, stays here". The only limitations to this are if a student-athlete is in immediate danger to themselves or others or the therapist becomes aware of child abuse.

Student-Athlete Development and Enrichment

Penn State ICA is committed to the holistic development of student-athletes and provides the education, resources, and opportunities that support essential life skills vital to preparing for a lifetime of impact. All opportunities are designed to help student-athletes excel in three key areas: Personal Enhancement, Professional Advancement, and Community Engagement, all with a strong emphasis on Leadership Development. These opportunities not only enhance athletic performance but also strengthen Penn State's commitment to developing well-rounded leaders and responsible citizens.

Personal Enhancement

Personal Enhancement programs focus on providing tools and resources necessary to maintain a healthy balance between academics, athletics, and life. By fostering self-awareness, resilience, and healthy habits, Personal Enhancement programming aims to build a strong foundation for long-term success, both during and beyond the time spent as a student-athlete.

Professional Advancement

Professional Advancement opportunities are designed to prepare student-athletes for successful careers. This programming focuses on career exploration, skill development, and networking, offering a comprehensive approach to professional growth. Student-athletes engage in networking events, mentorship opportunities, and workshops that cover essential topics

such as leadership, communication, and professional image development. Partnerships with industry professionals provide access to internships and job placement opportunities, enabling real-world experience. By equipping student-athletes with the tools and connections necessary for career success, Professional Advancement programming ensures a smooth transition from athletics to the professional world.

Community Engagement

Community Engagement opportunities offer student-athletes the chance to make meaningful contributions through service initiatives and social responsibility efforts. This programming emphasizes the importance of giving back, fostering a sense of civic duty, and developing leadership skills through hands-on involvement. Opportunities include service events, partnerships with local and global organizations, and athlete-led initiatives. By engaging in these programs, student-athletes not only impact the lives of others but also grow personally, gaining valuable life skills and a deeper understanding of the world around them.

Leadership Development

Leadership Development is the cornerstone of student-athlete programming, woven into every aspect of personal, professional, and community-focused initiatives. This model is designed to cultivate strong, adaptable leaders who can excel in any environment. Through targeted workshops and experiential opportunities student-athletes develop critical skills such as decision-making, effective communication, emotional intelligence, and ethical leadership. ICA leadership groups include:

1. Penn State Athletics Department Leadership Institute (ADLI)
2. Student-Athlete Advisory Committee (SAAC)

Name, Image, and Likeness

Overview

Penn State's name, image, and likeness programming is supported by many different departments throughout Penn State Athletics. Education and support will be provided to all student-athletes interested in participating in NIL opportunities. Partnerships with campus groups include Sokolov-Miller Family Financial and Life Skills Center, Small Business Development Center, Happy Valley Launchbox, Penn State Law Clinic, and more. Penn State has contracted with NIL consultant Accelerate, jersey sales company Fanatics, and disclosure compliance and photo sharing through the app INFLCR. Additionally, The Brand Academy (located in the Morgan Academic Center) exists to support student-athlete brand development.

Per NCAA rules, Penn State can help facilitate NIL opportunities for you, but the funds for any opportunities must come from an outside entity (not Penn State). A failure to disclose NIL activity may have a negative impact on your athletics eligibility, and it may also restrict how Penn State employees are able to support you in the NIL space and/or help with facilitating NIL activities for you, including but not limited to: help obtaining NIL opportunities through third-party entities, access to Penn State equipment/facilities for the purpose of NIL, brand development, and other support systems.

The Brand Academy

The Brand Academy is a comprehensive Name, Image, and Likeness (NIL) designed to provide Penn State student-athletes with the knowledge and skills necessary to maximize their personal brands. By prioritizing diversity, equity, and inclusion, we strive to foster meaningful connections between student-athletes, alumni, and businesses.

In partnership with Intercollegiate Athletics and Invent Penn State, The Brand Academy is committed to creating a culture that encourages, nurture, and rewards entrepreneurship in Penn State student-athletes while ensuring they have the necessary resources and skills to **create, innovate, and dominate** the collegiate NIL space and beyond.

The Brand Academy offers student-athletes comprehensive educational programs that focus on:

- Personal branding, now and in the future
- Entrepreneurship and financial competency
- Managing and monetizing NIL opportunities

Location:

Rooms 006, 007, and 008 - Morgan Academic Center

Our Team:

Omar X. Easy, Ph.D.

Asst. Athletic Director, Intercollegiate Athletics

Director, Brand Academy

(814) 308-4441

oxe104@psu.edu

Sara Jackson

Coordinator, Brand Academy

(814) 321-1025

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Accelerate Sports Ventures

Accelerate Sports Ventures is Penn State Athletics Consultant for Name, Image and Likeness. Accelerate is available to all PSU student-athletes, helping with varying topics such as, getting started with NIL, brand exposure, and any questions or concerns regarding

NIL. PSU Athletes have utilized Accelerate to assist with contract questions, avoiding predatory agreements, how to select an agent and how to increase NIL opportunities.

Interested in connecting with Accelerate please reach out to Doug Fillis or Julia Fisch at (813) 603-7712, doug.fillis@acceleratesportsventures, or julia.fisch@acceleratesportsventures.

Awards

All student-athletes are eligible to receive participation awards for every year of participation in his or her respective sport. Participation awards include a varsity jacket, a framed letter, a blanket, and a ring.

The Equipment Office manages the varsity “letter awards” program for student-athletes who have earned varsity letters for participation in a particular sport(s).

Athletic Equipment

In accordance with University and NCAA rules, Intercollegiate Athletics will provide athletic equipment and clothing for all student-athletes participating in the athletic program. Student-athletes will be required to return equipment and certain clothing apparel at the end of each sport season. Failure to return equipment and clothing on time will result in a registration hold.

Financial Aid

What is an Athletic Grant-In Aid?

All athletic grant-in-aid funds awarded to Penn State student-athletes are provided by private contributions from over 15,000 individuals and corporations in support of Penn State Intercollegiate Athletics. These individuals and corporations are then recognized as members of the Penn State Nittany Lion Club.

Student-athletes awarded athletic-related financial aid are limited in the number of other forms of financial aid that they may receive. The Office of

Student Aid is responsible for monitoring financial aid records of all student-athletes and making the necessary adjustments to assure compliance with NCAA, state, and federal financial regulations.

Financial Aid Available to Student-Athletes

The following are forms of financial aid that are available to student-athletes:

- Full or partial athletic grants-in-aid
- Funds administered by the institution. (e.g., grants, loans, on-campus employment)
- Government Grants and Loans
- Government programs such as the Pell grant, Federal Direct Stafford Loan, and the Federal Direct Parent PLUS Loan. Contact the Office of Student Aid, 314 Shields Building, for information on eligibility rules and how to apply. (Domestic Students only)
- Financial Aid from an Established and Continuing Program

A student-athlete may receive financial aid through an established and continuing program to aid students provided (1) the recipient's choice of institutions is not restricted by the donor of the aid and (2) there is no direct connection between the donor and Penn State; and (3) the financial aid is not provided by an outside sports team or organization that conducts a competitive sports program to an individual who is or has been a member of that team or organization.

All awards from outside agencies must be reported to the Office of Student Aid and the Athletics Compliance Office for review. It is possible that an award from an outside program may have to be declined to maintain athletic eligibility.

Student-athletes with extreme financial emergencies may receive available assistance for specific uses. Contact the athletic grant coordinator in the Athletics Compliance Office. Situations are reviewed on a case-by-case basis.

Summer

Summer athletic grants-in-aid may be awarded to student-athletes who are (1)

beginning their Penn State education in the summer prior to initial full-time enrollment; (2) scholarship student-athletes who were enrolled and receiving athletic grant-in-aid funding during the preceding academic year; or (3) student-athletes who will be receiving a grant-in-aid for the following academic year. Receipt of summer aid is not guaranteed and may be less than the amount received during the regular academic year. Requests for summer athletic aid must be recommended by the Morgan Academic Center, approved by the head coach, and given final approval by the appropriate sport administrator. Summer aid is governed by applicable NCAA, Big Ten, and Penn State policies and procedures.

If planning to schedule a Web-based course, student-athletes are required to discuss the course and circumstances with their Morgan Academic Center counselor. In circumstances in which a stand-alone, Web-based class is approved by the appropriate sport administrator, the athletic aid will cover no more than tuition, fees and course-related books.

Policy: Regular Full-Time Enrollment (Fall & Spring Semesters)

All student-athletes, except those in their final semester requiring less than 12 credits to graduate, must be enrolled full-time at the university (registered in a minimum of 12 credits/semester) to be eligible to practice and compete in intercollegiate athletics.

Study Abroad

Intercollegiate Athletics considers Penn State study abroad opportunities a privilege. The intent of this policy is to require that student-athletes present sound rationale when requesting athletic department financial support for study abroad programs.

Internal Revenue Service Income Rules

Domestic Student-Athletes

United States tax law provides that the amount of a grant-in-aid exceeding tuition and fee charges may be subject to tax (see IRS Publication 970 for additional information). The University will issue a Form 1098-T in January each year to every student outlining the amount of financial aid received and the cost of applicable tuition and fees.

Domestic student-athletes should consult a tax professional to determine

what, if any, tax liability they may have as a result of their athletic grant-in-aid and/or other financial aid sources.

International Student-Athletes

United States tax law requires the University to withhold 14% of the amount of any scholarship funding that exceeds the cost of tuition and fees. This withholding occurs any time scholarship funding is disbursed to a student's Bursar account. Student-athletes from a country which has entered into a tax treaty with the United States are exempt from this tax law provision and will need to complete form W-8BEN.

A list of countries with a tax treaty, as well as the Form W-8BEN, may be found at bursar.psu.edu. Each January, international students are issued a Form 1042-S by the University, which may be used to assist in filing a tax return with the United States government.

For Penn State to properly report tax information to the United States government, all students are required to have either a Social Security Number (SSN) or an Individual Taxpayer Identification Number (ITIN) on file with the University. Failure to obtain this information and provide it to the appropriate University offices will delay disbursement of scholarship funding, course scheduling and registration and will result in an increase in the applicable tax rate.

Information on obtaining an SSN or ITIN is available at the [University Office of Global Programs](#). The staff in the Office of Global Programs is also available to assist with any other international student-related questions or concerns which may arise.

Retaining a Grant-In-Aid

In accordance with NCAA legislation and Big Ten Conference philosophy, an athletic grant-in-aid will neither be reduced nor cancelled provided the student-athlete remains in good standing with the community, Penn State University, and the Department of Intercollegiate athletics.

Student-athletes who exhaust their eligibility and still need additional academic time to complete their program may be authorized for additional athletics aid. In equivalency sports, any additional aid will be commensurate with prior athletic awards.

Exceptions to Renewal Policy

An athletic grant-in-aid may be reduced or canceled if the student-athlete prompts any of the conditions stated below (and listed in Schedule A of the Big Ten Conference Tender of Financial Aid):

- You render yourself ineligible for intercollegiate competition under NCAA, Big Ten Conference, or Penn State rules.
- You engage in any action that is contrary to provisions of the “Code of Conduct, Policy Statements, and Social Networking” section of the Penn State Student Athlete Handbook.
- You are found to have breached the Penn State University Code of Conduct.
- You prompt any of the conditions set forth in the NCAA Bylaw 15.3.4.2.
- You fraudulently misrepresent any information on an application, letter of intent or financial aid agreement.
 - Actions by you to not participate constitutes fraudulent misrepresentation on your NLI, application or agreement and makes your financial award subject to cancellation during the period of the award.
- You engage in serious misconduct warranting substantial disciplinary penalty.
- You voluntarily withdraw from a sport at any time for personal reasons.
- You fail to remain enrolled as a full-time student at Penn State.
- You engage in illegal activity, academic fraud/misconduct, or are involved in a violation of NCAA rules that requires your eligibility to be reinstated, even if that occurrence is prior to the start of the academic year.
- You provide written notice of your intent to transfer.
- You fulfill the requirements to receive a bachelor’s degree from Penn State

Hearing Opportunity

In accordance with NCAA bylaws, student-athletes whose grant-in-aid from the prior year will be cancelled or reduced must be notified in writing no later than July 1. Student-athletes in this situation must be notified of an opportunity for a hearing regarding the change in their grant-in-aid status. If this situation occurs, you will be notified by email from the Office of Student Aid to your Penn State email account. The notification will also include the deadline for filing for an appeal, the steps necessary to request a hearing

before a University committee, as well as an outline of the overall hearing process.

NCAA Student Assistance Funds

The NCAA has established the NCAA Student Assistance Fund to assist student-athletes in meeting their financial needs that are not covered by their athletic grant-in-aid that arise in conjunction with their participation in intercollegiate athletics and enrollment in academic coursework. All student-athletes are eligible to receive fund benefits regardless of their receipt of a grant-in-aid or demonstrated financial need, with the exception of non-qualifiers in their initial year of residence. Student-athletes who have exhausted their eligibility or are no longer participating due to medical reasons may also receive assistance from the fund. Requests will be reviewed by the Athletics Compliance Office. Awards are based on available funding.

Registration

Student-athletes must be enrolled in a minimum of 12 credits in order to practice and compete. Registration must be completed within 6 calendar days after the first day of classes of the semester in which they expect to compete. NCAA regulations allow student-athletes to practice during the first 5 days of classes with fewer than 12 credits while adjusting course schedules. Students are permitted to add and drop courses during the first ten calendar days of the semester.

Students cannot register for more than 19 credits during the registration process. During the drop/add period, they may exceed the 19-credit limit after consultation with an adviser, and if required, approval by their college or division, or any other administrative approval.

Students are not considered in “registered status” until semester tuition and charges have been paid or arrangements have been made for payment.

Credits Earned from Other Institutions

Student-athletes may take courses at another college or university during summer

session for the purpose of earning credits toward a Penn State degree program.

The following steps should be observed to ensure the transfer credits are approved and accepted for transfer:

- Consult with your campus academic advisor AND MAC academic counselor to discuss appropriate course selection.
- Schedule an appointment with your MAC academic counselor in the to discuss your plans, the appropriate course selection, and the procedures for approval.
- Check [here](#) to see if the course is listed in the Admissions Transferring Credit Tool online. If the course is not listed, a copy of the syllabus is required and will need to be submitted to the Admissions Office for evaluation.
- Secure approval for the course(s) for transfer or print out the confirmation form from this website.
- Enroll and complete the course. You must earn a “C” or better in order for the credits to be accepted for transfer.
- Request an official transcript from that institution. Have it sent directly to **Undergraduate Admissions, 201 Shields Building, University Park, PA 16802**. Most institutions charge a fee for supplying an official transcript. Be certain to pay this fee before you return to Penn State.
- You will receive written notification from Undergraduate Admissions when the copy of the official transcript is received from the institution. Directions for “posting” the credits will be enclosed. In order to have the credits placed on your Penn State transcript, you will need to submit a fee along with the appropriate form provided by Undergraduate Admissions. Remember only the credits will transfer, not the letter grade.

Priority Registration and Class Scheduling

Student athletes have priority registration, which allows them to schedule next semester’s classes prior to the majority of the University’s students. The following procedures should be followed for class scheduling

- See your advisor in your college of enrollment
 - Bring your advisor's course suggestions to your Morgan Center Counselor
 - Discuss class times and locations regarding your athletic schedule
 - Register for classes online and obtain a copy of your schedule
- Morgan Academic Calendar counselors must verify your schedules with regard to eligibility.

Grade Point Average

Student athletes must be enrolled as degree candidates and are expected to maintain the highest possible grades. A grade-point average of 2.0 (or higher in many degree programs) is necessary to enter a major and to graduate from the University.

Satisfactory Academic Progress

Penn State student athletes generally exhaust their eligibility after four consecutive calendar years, but exceptions to extend eligibility may be made for medical or other reasons. Petitions for extension of eligibility into a fifth year must be submitted through the MAC advisor prior to fifth-year competition.

Big Ten Eligibility Rules

- If at any time during fall and spring semesters student athletes fall below full-time status, they become ineligible to practice and compete.
- Credits from remedial, tutorial, or non-credit courses may be used for meeting quantitative satisfactory progress during the first two years only. Beginning with the third year, these units must be excluded in determining quantitative requirements.
- A student athlete's first 24 credits must be earned at University Park.
- Petitions for waivers of conference rules must be submitted through the appropriate athletics administrator.

NCAA Progress Towards Degree (PTD) Requirements

- Student athletes must complete 24 semester hours of academic credit prior

to the third semester following their initial full-time enrollment.

AT THE END OF	NCAA	BIG TEN CONFERENCE	PENN STATE 54-00/67-00
1st Semester	Pass 6 credits for semester.	NA	Good Stading or Academic Warning status
2nd Semester (and Summer)	Pass 24 credits before start of 3 rd semester. Earn 18 credits between Fall & Spring semesters. Pass 6 credits for semester. 1.80 Cumulative GPA	Earn 24 credits (at certifying institution). 1.80 Cumulative GPA	24 credits earned. 1.80 Cumulative GPA Good Standing or Academic Warning status
3rd Semester	Pass 6 credits for semester. Maintain 1.80 Cumulative GPA	Maintain 1.80 Cumulative GPA	1.80 Cumulative GPA Good Standing or Academic Warning status
4th Semester (and Summer)	Pass 6 credits for semester. Earn 18 credits between Fall & Spring. Declare major. Have 40% of degree credits completed. 1.90 Cumulative GPA	Have 40% of degree credits completed. 1.90 Cumulative GPA	Have 40% of degree credits completed. 1.90 Cumulative GPA *PSU requires 2.00 CGPA to declare major Good Standing or Academic Warning
5th Semester	Pass 6 credits for semester. Maintain 1.90 Cumulative GPA	Maintain 1.90 Cumulative GPA	Maintain 1.90 Cumulative GPA Good Standing or Academic Warning status
6th Semester (and Summer)	Pass 6 credits for semester. Earn 18 credits between Fall & Spring. Have 60% of degree credits completed. 2.00 Cumulative GPA	Have 60% of degree credits completed. 2.00 Cumulative GPA	Have 60% of degree credits completed. 2.00 Cumulative GPA Good Standing status
7th Semester	Pass 6 credits for semester. Maintain 2.00 Cumulative GPA	Maintain 2.00 Cumulative GPA	Maintain 2.00 Cumulative GPA Good Standing status
8th Semester (and Summer)	Pass 6 credits for semester. Earn 18 credits between Fall & Spring. Have 80% of degree credits completed. 2.00 Cumulative GPA	Have 80% of degree credits completed. 2.00 Cumulative GPA	Have 80% of degree credits completed. 2.00 Cumulative GPA Good Standing status

- Student athletes must complete 18 semester hours of academic credit since

the beginning of the previous fall term or since the beginning of the certifying institution's preceding regular two semesters (hours earned during the summer may not be used to fulfill this requirement).

- Student athletes must earn 6 hours of academic credit the preceding regular academic term (e.g., fall semester) in which they have been enrolled at any collegiate institution.
- Student athletes must designate and enroll in a specific degree program by the beginning of the third year (fifth semester). From that point, credits used to meet the satisfactory progress requirements (6 cr. Rule and Progress toward Degree) must be credits counting toward the student's designated program.
- By the beginning of each year of enrollment listed below, student athletes must have successfully completed a minimum percentage of course requirements in their specific degree program.
 - Third year completed: 40% of degree requirements
 - Fourth year completed: 60% of degree requirements
 - Fifth year completed: 80% of degree requirements

Minimum GPA Requirements

Notes:

- Baseball student-athletes must be academically eligible at the start of the academic year (fall) or they are academically ineligible for the entire year
- Football student-athletes must pass (9) degree credits each fall semester, or it may impact their eligibility for the next fall season
- Wrestling student-athletes who have completed an academic term in residence present either a cumulative minimum grade-point average or a term minimum grade point average of at least 2.00 to be eligible.

Academic Eligibility

Eligibility Requirements

Penn State monitors student athletes' academic progress in accordance with National Collegiate Athletic Association (NCAA) rules and regulations, Big Ten Conference rules, and University Senate Policy 67-00. The official academic record of each student is maintained by the University Registrar.

The Morgan Academic Center (MAC) maintains unofficial student-athlete records and works directly with student athletes, coaches, and the NCAA Faculty Representative (FAR) regarding academic progress and athletic eligibility. The University Faculty Senate Committee on Intercollegiate Athletics grants the final certification of eligibility.

- Seasons of Competition (5-Year Rule)
 - Student athletes shall complete four seasons of competition within five calendar years.
 - NCAA Bylaw 12.8.1: The five-year calendar begins when student athletes are registered in a regular term (semester or quarter) of an academic year for a minimum full-time program of studies and attends the first day of classes for that term.

Undergraduate Student-Athletes

Only full-time (12 credits or more during a semester) candidates for a baccalaureate degree and full-time (9 credits or more) graduate student athletes shall represent the University in intercollegiate athletics contests. Student athletes dropping below full-time status at any time during the semester are immediately ineligible to practice or compete. After the add-drop period, a hold will be placed on all student-athletes' accounts that will prevent them from making changes to their schedule without first consulting their Morgan Academic Center counselor.

Exceptions to full-time status may be made if student athletes are in their final semester and need fewer than 12 undergraduate credits or 9 graduate credits for graduation. The petition for exception to University Policies is

initiated through a MAC counselor (Greenberg Building).

Under University policy, there is no limit on how many courses a student may late drop. Students are only permitted to attempt any one course a maximum of two (2) times. A late drop or unsatisfactory grade (requiring a student to repeat the course) are considered an attempt.

Graduate Student Athletes

Graduate student athletes are eligible to participate in intercollegiate athletics if they have completed baccalaureate degree requirements, have not exceeded the NCAA five-year rule, and are full-time students (9 credits or more) in a graduate program.

Full-Time Enrollment and Academic Aid

Any credit-eligible course offered by Penn State and approved by the Faculty Senate (including residential instruction, online instruction, and/or World Campus classes), may be used to establish a minimum requirement for full time status. Student-athletes planning to schedule a Web-based course are required to discuss the course and circumstances with their MAC Counselor.

Undergraduate Academic Progress/Academic Warning

When students fail to make adequate progress towards meeting and maintaining a 2.00 grade-point average as required for graduation, various academic progress statuses are used to serve as notification of such failure and to assist the students in correcting their academic difficulties. These statuses include Academic Warning ([54-20](#)) and Academic Suspension ([54-40](#)) and are summarized in the table below.

Academic progress statuses used to notify students who fail to meet and maintain the 2.00 grade-point average.			
Status at Beginning of Semester	Cumulative GPA at End of Semester	Semester GPA	Status at End of Semester
Good Standing	2.00 or higher	2.00 or higher	Good Standing
Good Standing	2.00 or higher	Less than 2.00	Good Standing

Good Standing	Less than 2.00	Less than 2.00	Academic Warning
Academic Warning	2.00 or higher	2.00 or higher	Good Standing
Academic Warning	Less than 2.00	2.00 or higher	Academic Warning
Academic Warning	Less than 2.00	Less than 2.00*	Academic Suspension

Graduate School Academic Progress/GPA Requirements

Student athletes involved in graduate degree programs must maintain a minimum cumulative GPA of at least a 3.00 to be eligible for intercollegiate athletic competition. Student athletes involved in graduate degree programs must maintain a minimum cumulative GPA of at least a 3.00 to be considered in 'good standing' per the Graduate School's policy (see GCAC-404, Satisfactory Scholarship). Students with a GPA between 2.00 and 3.00 may participate in intercollegiate athletic competition provided they are registered full time and are actively pursuing the graduate degree, and there is an academic recovery plan in place.

Student athletes enrolled in a graduate, or postbaccalaureate credit certificate program must maintain a minimum grade-point average of 2.00 to continue enrollment and receive the certificate. Some Certificate programs may require a higher grade-point average to continue enrollment and receive the certificate.

Transcript and Enrollment Certification

An official transcript is the University's certified statement of your academic record. When requesting your transcript, list all areas/levels of course work undergraduate, graduate, medical, law, and noncredit that you have taken.

- Processing time for all requests, unless FedEx is requested, is three business days from receipt of request plus U.S. mailing time.
- Requests will NOT be accepted through e-mail.
- Official transcripts will NOT be distributed by fax.

Ordering Transcripts Online

- Visit the Penn State University Registrar Website and select “Academic Records”
- Select “Current” or “Former” student and follow the detailed instructions.
- \$15.00 fee per transcript per set (set includes all levels of course work).
- Payable by VISA, MasterCard, Discover or American Express.
- Delivery options for Transcript(s).

Ordering Transcripts In Person

Process at the Enrollment Services Counter located in 112 Shields Building

- Photo ID is required
- \$15.00 fee per transcript or set (set includes all levels of course work).
- Pay by check (payable to Penn State), VISA, MasterCard, Discover or American Express. Returned checks due to insufficient funds will result in a service charge of \$25.00.
- May take transcript(s) with you or select one of the other Delivery Options of Transcript(s).

Situations that will Prevent Issuing Transcripts

- Financial holds.
- No signature on request.
- Insufficient, inaccurate, or illegible identification information.
- Insufficient payment, an expired or declined credit card account, improperly completed check, payment using non-U.S. currency.
- No recipient e-mail provided for an electronic delivery request or invalid e-mail.

Unofficial Transcripts

Unofficial transcripts are only available to you if you are currently enrolled at Penn State. These are free of charge and may be obtained in LionPATH by selecting “Academic Records” on the Student Home Base and selecting “View Unofficial Transcript” from the left-side menu. An official transcript cannot be obtained if there is a hold on your account.

Enrollment Certifications

Enrollment certifications are generally free of charge whether or not you are currently enrolled. The only situation in which a fee is charged is if you are not currently enrolled and you wish to obtain an Enrollment Certification for some purpose other than an education related purpose, such as obtaining a credit card. Enrollment Certifications cannot be obtained if there is a hold on your account.

Morgan Academic Center

The Morgan Academic Center (MAC) provides comprehensive support services for student-athletes through academic and career counseling, tutoring and mentoring programs, academic programming, student-athlete first year seminars, and research. The MAC assists student-athletes in balancing their academic and athletic demands while participating in intercollegiate athletics.

Advisers in the student-athletes’ colleges of enrollment provide primary academic guidance; the MAC’s academic counselors support the campus academic advising community with all matters regarding the academic progress of intercollegiate student-athletes.

The Morgan Academic Center is located in the Greenberg Building. The office telephone number is 814-865-0407

Morgan Academic Center Athletic Counselors

Student-athletes are assigned individual team academic counselors who assist college advisors in providing information on academics, class scheduling, and career choices. In addition, counselors keep student-athletes abreast of NCAA, Big Ten Conference, and University eligibility policies. Specifically, the academic counselor provides support services to assist student-athletes in progressing toward successful completion of a degree program. Primary academic advising responsibilities lie with college/major advisors in student-athletes' colleges of enrollment.

Study Hall

First-year student athletes are required to spend designated number of hours per week in study hall in the Morgan Academic Center (MAC). These hours will be determined by the MAC counselor in collaboration with your Head Coach.. The MAC facility offers two large reading rooms for quiet study, collaborative learning rooms for mentoring, individual, group or drop-in tutoring, a one button studio, and a large computer lab.

Learning Services Program

The mission of the Morgan Academic Center is to provide appropriate academic support services and University Faculty Senate, NCAA, and Big Ten Conference academic eligibility information to all student-athletes. These services and information are to assist student-athletes in achieving their academic goals while participating in a demanding NCAA Division I intercollegiate athletic program. Our services also are designed to ensure progress toward graduation through timely completion of degree requirements for baccalaureate and graduate programs.

In addition, the MAC assumes a national leadership role in the area of academic support services for student-athletes, to influence legislative action that stresses academic excellence, and to ensure administrative integrity in academic matters affecting student-athletes. The MAC provides programming opportunities and support services to further enhance the cultural diversity mission of the University, including workshops, educational experiences, and counseling. Promotion of equal opportunities for all student-athletes, regardless of gender, gender orientation, race, national origin, ethnicity, grant-in-aid status, or sport priority, is an important focus of the Center's function.

Learning Services at the Morgan Academic Center utilizes a strengths-based approach and is designed to build student-athlete independence. We strive to provide our students with high-quality academic instruction

while supporting their individual behavioral and emotional needs. As a learning community, we collaborate to promote student success by assisting students in reaching their goals within and beyond the university.

Educational Assessment

Educational Assessment at the Morgan Academic Center involves four distinct phases of assessment designed to progressively evaluate students' academic strengths and weaknesses. The various assessment phases provide the Learning Services Team with information that identifies and explains students' skills and abilities in different learning and academic areas:

Incoming Student Athlete Questionnaire: This questionnaire is completed by all incoming students including freshmen, transfers, and graduate student-athletes prior to their arrival at Penn State. The assessment provides students with an opportunity to self-disclose information about their educational, literacy, interpersonal, health, family and general history/skills. This assists staff to have a better understanding of each student's potential learning and academic needs as well as capturing details to help create an individualized academic support plan.

Risk Assessment: *Risk Assessment is defined as a systematic process to collect empirical data; proactive approach to identify academic risk level (low, moderate, high), strengths/areas for growth, and support/service planning; it is ongoing feedback driven to promote student learning and development; also used to identify any needs or changes throughout each term as SAs progress at Penn State.*

The MAC gathers qualitative and quantitative data on all incoming SAs across several key indicators to determine academic risk level (low/no, moderate, high). This includes, but is not limited to, admissions data points and information gathered in LionPATH, a Writing Sample; Nelson Denny, CAARS; WRAT-4, and LASSI. At-Risk reports by team are prepared and reviewed with MAC academic counselors and include recommendations for individualized academic support plans. Each subsequent term, at-risk SA progress is assessed to make any necessary adjustments (e.g., increase or decrease level of support). Further, because risk factors vary and can be experienced at different times or for different reasons, an SA who was low risk can move to a different tier. The fluidity of the risk assessment process enables learning specialists to continue to gather information and make data driven decisions-not just about academic support interventions and areas of focus, but also to encourage further screening, testing, and/or resources (as applicable) each semester and subsequent academic year.

Screening: *Screening is a tool to investigate specific challenges the student-athlete is experiencing and whether they rise to the level of a possible underlying condition; process identifies specific challenges, level of impact, if there are valid signs/symptoms of a suspected disability or other potential explanations or causes for the difficulties; the outcome is typically a simple yes or no (if no, SA is provided with recommendations which may include monitoring or other campus/community referrals*

The MAC screening involves a 60–90-minute appointment, and utilizes a process designed in collaboration with Dr. Peter Arnett. Depending on the nature of the case, there may be a need to gather additional information, consult with other professionals, and/or acquire any existing documentation if it is available. The screening also involves the completion of forms to refer for testing and obtaining SA written consent, which includes: 1) Testing Acknowledgement & Agreement; and 2) Release of Confidential Disability Information.

Psychoeducational Evaluation: *An evaluation, or “testing,” is the most comprehensive (followed by assessment and screening, respectively); terms often associated with evaluation include Neuropsychological, Psychoeducational, and Psychological yet they are not all interchangeable. A typical evaluation will look at cognitive ability (IQ), academic achievement (reading, writing, math), and other specific areas (e.g., memory, attention, processing, language, personality, etc.) to pinpoint exactly what is contributing to the SAs academic difficulties, if criteria is met for a diagnosis, and provides recommendations.*

The Morgan Academic Center contracts with Licensed Clinical Psychologists to refer SAs who need this level of evaluation. Testing is currently paid using the SAF, rather than fees or co-pays being incurred by the student-athlete. Due to the sensitive nature of information contained in an evaluation and several privacy laws, the MACs best practice includes keeping disability information and documentation separate from their academic records. The evaluation report and its contents cannot be shared by the MAC without written authorization from the student (and then, only for the specific information and individual(s) for which consent is obtained).

Learning Specialist & Learning Specialist Assistants

The Learning Specialist/Learning Specialist Assistants aids student-athletes and counselors in identifying possible learning disabilities, coordinating appropriate testing, acting as liaison with Student Disability Resources (SDR) and developing academic support plans based on individual strengths/needs. If a student-athlete has a learning disability, ADHD, or other condition that is impacting their performance, the learning specialist will be a valuable resource.

The learning specialist works closely with the student-athlete regarding accommodations, assistive technology, campus and community resources, and effective strategies to facilitate success. The learning specialist can also assist the student-athlete in understanding applicable policies and procedures for individuals with disabilities while attending Penn State.

Additionally, the learning specialist provides intensive academic skill-building and monitoring of student progress as well as coordinates several learning support programs for student-athletes at Penn State, including tutoring and mentoring. Any student-athlete may make an appointment with the learning specialist to gain insight into their learning style, academic strategies and for support in identifying other services they can access at Penn State. Typically, the student-athlete will meet with the learning specialist on a regular basis to develop academic skills/strategies, monitor progress, analyze problems and determine solutions to challenges faced while navigating Penn State’s academic and intercollegiate life.

Academic Support Assistants

The Academic Support Assistant is an Academic Counselor in training. They assist students in similar ways to Academic Counselors and are developing more direct experience with recruiting prospective student-athletes, student course registration, major declaration, eligibility, and monitoring academic progress. They meet with a caseload of students to assist them in planning the execution of course assignments, obtaining grades, and completing any academic semester tasks.

BBH 102S: Values, Health, & Academic Success

This is a 3-credit course that simultaneously addresses concepts related to Health & Wellness as well as addressing areas of academic transition for first year students. Essentially this course was designed to address all areas of life that students will encounter during their first semester of school. This course will address several aspects of a first-year student's social wellness that includes healthy relationships, alcohol awareness, sexual ethics, sexual health, mental health, positive decision making, as well as bystander intervention. This course will also address the physical wellness of first year students by addressing alcohol consumption and the impact that it has on the body physically, healthy eating and food selection on a college campus, as well as learning how to be aware of their unconscious biases and how-to live-in society with people different than themselves.

Additionally, this course will address the intellectual needs for enrolled students within their first academic year by outlining the academic expectations outlined by Penn State University. Students will understand how essential organization and time management is within higher education, the benefits of getting to know their professors, planning their paths to graduation, goal setting, financial literacy, resume' development as well as an extensive review of institutional academic integrity policies and its implications of academic violations.

The primary objective of the class is to help student-athletes succeed in the classroom, in their sports, and within the community at Penn State.

Tutorial & Mentoring Program

Tutoring/Mentoring provides student-athletes with the assistance and encouragement needed to help them become better learners, to excel academically, and to develop into active, independent students.

Tutoring/Mentoring is a cooperative experience, the interrelationship of two people working towards a common goal.

Tutorial Program: The Tutorial Program is an important component of the academic success of student-athletes. The role of tutors, who are recruited and hired by the Tutor Coordinator, is to enhance student's content knowledge in various courses. Tutors also foster the learning independence of our student-athletes through in-depth review of subject matter, development of study skills and strategies, and modeling of ideal student behavior and habits

Mentor Program: As a part of the Tutorial Program, Academic Mentors provide additional support to student-athletes who primarily need to develop their time-management and organization skills. The role of the academic mentor is to foster the academic skills of students with varying levels of academic ability. Mentors also assist students with task completion in various classes, using targeted learning and academic strategies. Students may have additional time in sessions for independent learning and assignment completion.

Penn State Educational Equity: Student Disability Resources

As learning specialists, we do our best to ensure that students with disabilities are supported and have the necessary accommodation in place to help them be successful in their journey at Penn State. Our team works collaboratively with the Penn State Educational Equity Office to assist student-athletes in discovering individualized reasonable accommodations for equal access and full participation in academic pursuits as well as connect with on- and off-campus resources.

Learning Specialist/LSA/Tutor/Mentor Cancellation, No Show, Late, & Communication Policy

Learning is one of the most important aspects of a student's educational experience and success at Penn State. Receiving the appropriate academic and learning support to aid in their success is a dynamic process, involving the student and academic support staff. To support the academic progress and learning development of student-athletes at Penn State, the following punctuality, attendance and responsible cancellation practices are outlined below. Students must monitor their Teamworks schedule daily to navigate and attend tutoring and mentoring appointments.

Late Policy:

A student is deemed late for a Learning Services support session (Learning Specialist, Learning Specialist Assistant, Mentor, Tutor) after 5 minutes from the start of the session. At the 5-minute mark, if no communication from the scheduled student has occurred, MAC support staff will take the appropriate steps to attempt to notify the student and their Academic Counselor.

3 Documented Late Arrivals = 1 unexcused absence

3 Documented Unexcused Absences = Removal from Learning Support Services

No Show Policy:

All student no shows will go through an appeal process. Once a student is identified as a no-show, they will receive an e-mail from the Director of Learning Services detailing their no show. They will have 48 hours to appeal. Appeal approvals will be determined by the Director of Learning Services and subsequent steps will be taken:

1st Unexcused No Show:	Student, Counselor, Coach, Sport Administrator and MAC Director are included on an e-mail from the Director Learning Services confirming first official no-show and re-stating the no-show policy.
2nd Unexcused No Show:	Student, Counselor, Coach, Sport Administrator and MAC Director are included on an e-mail from the Director Learning Services confirming second official no-show and re-stating the no-show policy.
3rd Unexcused No Show:	Student, Counselor, Sport Administrator and MAC Director are included on an e-mail from the Director Learning Services confirming third official no-show and explaining that they will be removed from Learning Services support until a meeting with the appropriate stakeholders takes place.

3 Documented Unexcused Absences = Removal from Learning Support Services

Learning Services Reinstatement	Students can regain access to Learning Services support after a meeting is conducted with the student, Academic Counselor, Coach, and Director of Learning Services. A contract may be signed by the student to document their commitment to utilizing services appropriately.
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Cancellation Policy:

Students must request to cancel a tutor/mentor appointments outside of 24 hours of the start of the student's scheduled tutoring/mentoring session. For example: if a student's appointment is scheduled on Teamworks for 2:00pm on Tuesday, a cancellation request must be made to the Tutor/Mentor Coordinator before 2:00pm on Monday. All Sunday appointments must be cancelled before 3:00pm on Friday and all Monday appointments must be cancelled by 3:00pm on Sunday. Students need to contact their Academic Counselor in order to cancel an appointment.

Student/Tutor Communication:

Students should not engage in any communication with their tutors/mentors in the form of text, e-mail, or social media. Other non-professional forms of written or verbal communication between students and tutors that fall outside of their sessions are also prohibited. Students should communicate directly with their Academic Counselor with any requests related to their sessions. Any exchange of content or course material between tutors and students must take place within sessions and be deemed acceptable by the Tutor Coordinator. If students suspect that this policy has been violated, they should address their Academic Counselor immediately.

**Please contact your Academic Counselor with any questions about the above policies.*

Learning Services Staff**Kydani Dover***Director of Learning Services***Jessica Martin***Associate Director of Learning Services***Christa Sist***Associate Director of Learning Services***Nicole Rao***Assistant Director of Learning Services***Anna Belpedio***Tutor Coordinator***Rachel Holena***Learning Specialist***Student-Athlete Textbook Program**

Intercollegiate Athletics provides books to selected student-athletes in accordance with NCAA rules and regulations. The Student-Athlete Textbook Program is facilitated by the Morgan Academic Center in collaboration with Intercollegiate Athletics and the Penn State Bookstore, located in the Hetzel Union Building (HUB).

Guidelines

- Student-athletes designated to receive books should place their order through the Penn State Bookstore website prior to the first day of class,

and in accordance with the ordering instructions provided by the Morgan Academic Center. Student-athletes must provide their Penn State ID's to the bookstore staff when in person at the bookstore.

- Student-athletes may only obtain **required** books/access codes for classes in which they are currently registered. Books that are recommended for a class, but not required, **may not** be received through the Student-Athlete Textbook Program and are the financial responsibility of each student-athlete. Books will not be released until the class has been officially added and appears on the student-athlete's schedule.
- Student-athletes will receive their books per the options outlined in the ordering instructions (pick up in person or shipped to the appropriate address).
- Student-athletes must follow the ordering instructions and properly place a new order for each semester.
- Student-athletes will be informed when the order has been processed by the Penn State Bookstore and when the books are available to them based on their request.

Procedure for obtaining books not available at the Penn State Bookstore

- Student-athletes unable to purchase the required book(s) at the Penn State Bookstore should purchase the book(s) from another available source and obtain a receipt.
- The receipt and a copy of the course syllabus must be uploaded to ARMS (Book Reimbursement Form).

Book return policy

- At the end of the semester, all rental textbooks must be returned to the Penn State Bookstore
- Coaches and sport administrators receive a list of all student-athletes who do not return books at the end of the semester. Student-athletes will have a hold placed on their university account limiting many of their University privileges until payment is received in full for all books not returned

- Any abuse of the Student -Athlete Textbook Program will result in disciplinary action

Nittany Lion Club Services

The Nittany Lion Club

The Nittany Lion Club is one of the nation's largest intercollegiate athletics' support groups with a mission to provide annual support to Penn State University student-athletes, as well as, develop private support for capital projects, endowments, and other needs prioritized by the department of intercollegiate athletics.

Student Nittany Lion Club

The Student Nittany Lion Club is the first step to ensuring our Penn State Athletics tradition continues to thrive. By Joining the SNLC you support our incredible student-athletes and help to ensure the platform for national success.

Your \$35.00 Annual Membership benefits include the following:

- 5 NLC points per year (\$250 value)
- Priority ticketing for post season Bowl games
- Begin making a real impact on Penn State Athletics

Join:

www.nittanylionclub.com

Contact Us:

Nittany Lion Club

147 Bryce Jordan Center University Park, PA 16802

814-865-9462

nittanylionclub@athletic.psu.edu

The Varsity “S” Club

History

The Varsity ‘S’ Club was created as a way to keep Penn State alumni athletes, managers, cheerleaders, mascots and managers connected with their sport teams, Intercollegiate Athletics, and teammates. It was also created as a way to continue supporting our athletic programs through Club involvement and interaction within the Penn State and local community. We have expanded our member benefits and continue to look for creative ways to support our current varsity athletic teams and promote the positive impact Penn State student-athletes have on our local communities and youth.

Purpose

The purpose of the Varsity ‘S’ Club is to perpetuate the Penn State Athletic tradition and promote unity among the university and alumni players, coaches, managers, cheerleaders and mascots for their mutual benefit.

Membership

Membership in the Varsity ‘S’ Club is open to former Penn State varsity alumni athletes, cheerleaders, mascots, and managers who graduated from Penn State. Being a member enables you to remain connected to your team, the university, intercollegiate athletics, and teammates. It offers you the opportunity to support your alma mater and provides the foundation for cultivating old and new relationships with former players, coaches, and managers. Membership is free to all University Park alumni student athletes. This has been made possible with the support of the Nittany Lion Club.

Member Benefits

As a member of the Varsity ‘S’ Club, you will receive the following member benefits each year:

- Invitation to Varsity 'S' Day Tailgate, Pre-game Letter winners Tunnel, and access to purchase foot- ball tickets for the game
- Complimentary Penn State Sports Pass (excludes Football, Men's Ice Hockey, Wrestling matches, or championships, invitational or international events in any sport)
- Invitations to athletic team reunions
- Varsity 'S' Newsletters exclusively for members via email
- Two awards presented each year at the annual Nittanys
- A one-time credit of 10 points to your Nittany Lion Club (NLC) account for your gift.
- Exclusive ordering for Varsity S licensed apparel
- Exclusive Varsity "S" membership includes access to the online Athlete Network portal: psuVarsityS.athletenetwork.com