



NCAA COMPLIANCE GUIDE FOR **STANFORD STUDENT-ATHLETE PARENTS**



Stanford University's dedication to excellence in both academics and athletics is unparalleled. Ensuring compliance with all NCAA, Pac-12 and Stanford University rules governing intercollegiate athletics is a vital component of our commitment to this pursuit.

What Does Compliance Do?

It is our utmost goal to strive for athletic excellence by protecting the integrity of Stanford University and its athletic department. To this end, the Stanford University Athletics Compliance Services Office is designed to:

- Create a culture of compliance among student-athletes, coaches, staff, parents, and fans.
- Educate student-athletes, coaches, staff, parents, and fans.
- Monitor all aspects of the athletic program to ensure compliance with all applicable NCAA, Pac-12 and university rules.

It is our responsibility to provide you with information to assist in understanding often complex rules. Compliance with NCAA guidelines requires constant vigilance on the part of everyone associated with Stanford University, and knowledge is the first step toward compliance. As we strive for continued excellence, we must always seek the highest standard of ethical conduct. With your assistance, we are confident we can continue to meet this goal.





We Are All Responsible!

A violation of NCAA rules by a student-athlete will immediately put his/her/their eligibility to compete for Stanford University at risk. Your actions can result in a violation of NCAA rules. A violation of NCAA rules by parents, guardians, relatives, and/or friends of a student-athlete will have a similar effect, even if the student-athlete had no knowledge of the events or circumstances that led to the violation. There may also be ramifications for teammates, the coaching staff, and the university. As a parent, you are responsible for making Compliance Services aware of any potential violations of NCAA rules you have reason to believe occurred. If you are ever unsure whether a situation may constitute an NCAA violation, please proactively reach out to our office so we can ensure your child's eligibility. When in doubt, ask before you act!

Contact us at: stanfordcompliance@stanford.edu



To assist in its compliance monitoring efforts, Stanford University Athletics utilizes a software program called ARMS. Each Stanford student-athlete has an ARMS account and profile. Student-athletes will use ARMS for various tasks, including signing beginning-of-year consent agreements, completing other various compliance/administrative forms throughout the year, verifying practice hours, and receiving rules education materials.





Under NCAA rules, only authorized coaching staff members are permitted to recruit prospective student-athletes. Therefore, it is impermissible for you to engage in recruiting activities on behalf of Stanford Athletics, including communicating publicly with prospects or their relatives on social media (e.g., posts to prospect's Twitter page or Facebook wall, public chat rooms, or communicating any other message to a prospect that is accessible to other users).

However, the NCAA recognizes that the relatives of current student-athletes are a valuable resource for prospective student-athletes and their families as they are uniquely positioned to provide first-hand perspective and knowledge of the student-athlete experience. Thus, it is permissible for relatives of a current student-athlete to have on-campus, in-person contact with a prospect and any relatives accompanying the prospect on a recruiting visit (for instance, during an athletics event or tailgate). It remains impermissible to have prearranged off-campus contact with a prospect or their family, or to provide them with any extra benefit (e.g., meals, lodging, transportation, loans, employment).

A limited exception may exist for a bona fide pre-existing relationship, the origin and duration of which are clearly demonstrable. If you believe this exception may apply to you, then please contact Compliance Services prior to providing a benefit of any kind to a prospective student-athlete or their family members.





Only an amateur student-athlete is eligible for intercollegiate athletics participation in a particular sport. A student-athletes may lose amateur status if he/she/they:

- Accepts pay or the promise of pay for play
- Enters a professional contract or plays for a professional team
- Enters an agreement (oral or written) with an agent to be represented in negotiations with professional teams
- Accepts a benefit from an agent or representative of an agent



Per NCAA rules, a student-athlete cannot agree verbally or in writing to be represented by an athlete agent in the present or in the future for the purpose of pursuing professional athletics opportunities. Further, a student-athlete cannot accept transportation, meals or any other benefits from an athlete agent. This prohibition also applies to the student-athlete's relatives or friends.

Any student-athlete contacted by an athlete agent (or an agent's representative) should first instruct the agent to contact Compliance Services. Per Stanford policy and California state law, all agents must register with Compliance Services prior to contact with a student-athlete by completing and submitting the [Athlete Agent and Advisor Registration Form](#).



General Guidelines

An “extra benefit” is generally defined as any special item or arrangement provided to a student-athlete that is not generally available to the general student body, or any other benefit not expressly authorized by NCAA legislation. With limited exceptions, it is a violation of NCAA rules for you to provide another student-athlete, their friends or relatives with an extra benefit or preferential treatment. The receipt of an extra benefit renders a student-athlete immediately ineligible for competition.



What is impermissible?

The following is a non-exhaustive list of impermissible extra benefits that you cannot provide to student-athletes (other than your own child):

- Cash, loans, or the use of a credit card.
- Any tangible gifts, including birthday or holiday gifts.
- Free or discounted meals.
- Free or discounted goods (e.g., clothing, vehicles, electronics).
- Free or discounted services (e.g., dry cleaning, storage, cell phones, long distance calls).
- Free or discounted entertainment (e.g., movie tickets, professional sports tickets).
- Assistance paying bills (e.g., utility bills, rent payments, phone bills).
- Transportation (e.g., car ride, plane tickets) or use of an automobile or any other vehicle.
- Special finance and/or credit arrangements (e.g., for vehicles, apartments, or furniture)
- Arranged employment for a student-athlete's family or friends.
- Free or discounted admission to an event (e.g., banquets, concerts, clubs, special events).
- Special access to an event not available to the public (e.g., VIP access, backstage pass)
- Housing for any length of time, regardless of location, value or payment.
- Academic assistance of any kind (e.g., tutoring, editing papers/projects, assistance in completing classwork, use of a computer).





Occasional Meals

As the parent/guardian of a student-athlete, you may provide an occasional meal for your child's teammates at any location. Please note that occasional meals are restricted to infrequent and special occasions, no gifts or mementos may be included with the meal, and the meal must be approved by Compliance Services in advance. If you wish to host an occasional meal, then please complete and submit the [Occasional Meal Request Form](#).



A student-athlete is permitted to compete in 4 seasons of competition in any one sport within 5 consecutive calendar years; this is commonly referred to as the "5-year clock." The clock starts when a student-athlete initially registers full-time and attends the first day of classes for a term (other than summer school) at any collegiate institution. A student-athlete uses a season of competition if they participate in any competition, regardless of the length of time, during the season (limited exceptions exist in the sports of Football and Men's Wrestling). For example, even a single snap or at-bat triggers a season of competition.

Please note that the preceding is a general summary of longstanding NCAA rules surrounding student-athletes' seasons of competition. In response to the COVID-19 global pandemic, the NCAA issued numerous unprecedented blanket waivers to grant clock-extensions for certain student-athletes. For more information regarding how these unique directives affect your child's seasons of competition, please reach out to Compliance Services.





Countable Athletically Related Activities

NCAA rules limit the amount of time student-athletes may be engaged in countable athletically-related activities (CARA) in any given day or week. CARA refers to any required activity with an athletics purpose involving student-athletes at the direction of, or supervised by, a coaching staff member (including performance coaches), including but not limited to practice, competition, weight training, conditioning, and film review.

At any given period during the academic year, a team is considered either "in-season" or "out-of-season." Before each academic year begins, the coaching staff establishes their team's playing season calendar, in accordance with NCAA regulations, and communicates that information to their student-athletes. During the "in-season" portion of the year, a student-athlete may engage in a maximum of 20 hours of CARA per week; when "out-of-season," a maximum of 8 hours per week are permissible. In either case, student-athletes are limited to a maximum of 4 hours of CARA per day.





Days Off

The NCAA mandates that each institution grant student-athletes with a certain number of days off per week from all required athletically-related activities: 1 day off per week during the "in-season" segment, and 2 days off per week when "out-of-season." Generally, only health and medical activities (e.g., treatment, rehab) or academically-related activities (e.g., class, tutoring sessions) are permitted during a day off.

Monitoring and Reporting

The Compliance Services staff regularly attends scheduled practice activities in person to verify the team's reported schedule. To bolster these monitoring efforts, we also require each coaching staff to report their team's scheduling information (practice hours, days off, etc.) on a regular basis. These reports are reviewed by Compliance Services and submitted (via ARMS software) to participating student-athletes, who are then given an opportunity to examine the information and confirm/deny its accuracy. A student-athlete who has any concern regarding their schedule, practice hours, days off, etc., can report the issue to Compliance Services confidentially.



ACADEMIC REQUIREMENTS



In order to be eligible to compete, a student-athlete must be in good academic standing according to Stanford University, be enrolled full-time (at least 12 units), and satisfy certain academic benchmarks to demonstrate sufficient progress toward a degree. Additionally, a student-athlete must pass 6 degree-applicable units each term during the academic year (fall, winter, spring) to be eligible for competition in the following term.





Furthermore, to satisfy the NCAA progress-toward-degree rules, a student-athlete must meet the following academic requirements:

- By the beginning of the student-athlete's second year in college:
 - Completed 36 units during freshman year (including summer school)
 - Completed 27 units during the regular academic year (fall/winter/spring)
 - Maintained at least a 1.80 cumulative GPA
- By the beginning of the student-athlete's third year in college:
 - Declared a major
 - Completed 27 units during the previous academic year (fall/winter/spring)
 - Completed at least 40% of degree requirements
 - Maintained at least a 1.90 cumulative GPA
- By the beginning of the student-athlete's fourth year in college:
 - Completed 27 units during the previous academic year (fall/winter/spring)
 - Completed at least 60% of degree requirements
 - Maintained at least a 2.00 cumulative GPA
- By the beginning of the student-athlete's fifth year in college:
 - Completed 27 units during the previous academic year (fall/winter/spring)
 - Completed at least 80% of degree requirements
 - Maintained at least a 2.00 cumulative GPA





Athletic financial aid is awarded to a student-athlete based upon athletic ability or sports performance. This athletic scholarship is awarded for a minimum period of one academic year, with the scholarship potentially extending up to 4 academic years. Summer school and post-eligibility-year aid are not guaranteed for any student without prior written approval from Compliance Services; coaches cannot guarantee summer school or post-eligibility-year aid.

An athletic scholarship consists of the following items: tuition, room and board, book allowance, supplies allowance, compulsory fees, and allowances for personal expenses and travel. An athletic scholarship cannot exceed the [institutional cost of attendance value](#). Cost-of-attendance is calculated each year by the University (not by the Athletic Department) based on federal guidelines.



A student-athlete's athletics scholarship may be reduced or cancelled during the term of the agreement if he/she/they:

- Becomes ineligible for intercollegiate competition by failing to meet academic requirements, using illegal drugs or NCAA-banned substances, or failing to satisfy university financial obligations;
- Violates written team rules;
- Misrepresents information on the admission application, financial aid agreement, Letter of Intent, or NCAA Student-Athlete Statement;
- Enters the NCAA Transfer Portal;
- Engages in misconduct and placed on probation by the student disciplinary authority; or
- Voluntarily withdraws from the team prior to, during, or after the sport season in which the athletic grant was awarded, or failure to enroll as a full-time student.



Student-athletes are encouraged to apply for the [Federal Pell Grant](#) and other financial assistance. The Pell Grant is awarded based on a family's financial situation and can range in value from \$650 to over \$6,895 for an academic year. The actual amount of the Pell Grant stipend is determined by the Financial Aid Office.

Student-athletes should diligently review their university bill. If you or your child have any questions about athletically-related aid, please reach out to Compliance Services for advisement. It is important to review the bill on a consistent basis to ensure the student is not charged late fees for unpaid bills (parking tickets, cable fees, etc.).



Student Assistance Fund

The Student Assistance Fund (SAF) was established by the NCAA to provide additional financial resources to student-athletes. The fund is intended to provide direct benefits to student-athletes and their families. The funds are used to assist student-athletes in meeting financial needs that arise in conjunction with participation in intercollegiate athletics, including expenses arising in the areas of academic support services/tutoring, disability or loss of value/critical injury insurance, emergency travel, health insurance for Pell recipients, international taxes and medically-related golf cart rentals. All Stanford student-athletes in good standing are eligible to receive SAF benefits, regardless of whether they receive athletic aid, have demonstrated need, have exhausted their eligibility, or are no longer able to participate due to medical reasons. However, these funds are limited and not guaranteed for all eligible student-athletes. Please contact Compliance Services for more information.





Requests for promotional appearances by a student-athlete (or use of their name, image or likeness) in conjunction with an event, commercial product, or website must receive prior approval from Compliance Services. It is an NCAA violation for a student-athlete to participate in such activities without prior approval and any involvement may immediately jeopardize their eligibility. If your child is interested in participating in a promotional or charitable activity sponsored by a permissible entity (e.g., non-profit organization, local elementary school), then please contact Compliance Services immediately to obtain the necessary approval prior to the event.



Stanford Athletics is honored to assist charitable events or fundraisers for worthy causes when possible. However, per NCAA rules, it is impermissible for Stanford Athletics to assist with fundraising activities that will benefit any prospective student (i.e., school-aged youth grades 7-12), middle/high school or college scholarships/funds. For example, Stanford cannot donate tickets that will be used to raise funds for a high school or non-scholastic (e.g., AAU) basketball team. If you are interested in requesting an item for a charity fundraiser, then please complete and submit the [Online Donation Request Form](#).



A student-athlete is permitted to work at any time, with no limit on the amount they can earn as a result of legitimate employment, given all the following conditions are met:

- The student-athlete may be compensated only for work actually performed;
- The student-athlete must be compensated at a level comparable to the going rate in the locale for similar services;
- The student-athlete cannot receive any compensation for the value or utility that they may provide the employer because of the student-athlete's publicity, reputation, fame or personal following obtained because of athletics ability; and
- The student-athlete must complete and submit the Student-Athlete Employment Form in ARMS prior to starting a job, internship, private lesson, or any other type of employment whether paid or unpaid.



As of 2021, student-athletes are permitted enter into agreements that provide compensation in exchange for use of their name, image, and likeness ("NIL"). Forms of permissible compensation include goods, services, and money.

NIL agreements including the following are not permitted:

- NIL agreement without quid pro quo (e.g., compensation for work not performed).
- NIL compensation as an inducement for or contingent upon enrollment at Stanford.
- Compensation for athletic participation or achievement. Athletic performance may enhance a student-athlete's NIL value, but athletic performance may not be the "consideration" for NIL compensation.
- Institutional compensation in exchange for the use of a student-athlete's name, image or likeness.

NIL compensation must be commensurate with the fair market value of the goods, services, and/or money exchanged.



A student-athlete may enter into an NIL agreement with a Stanford Booster (see definition below), provided:

- The booster has no authority over intercollegiate athletics;
- Compensation is tied only to NIL activities;
- Compensation is not provided in exchange for athletic participation or achievement;
- Compensation is not provided as an inducement for or contingent upon enrollment at Stanford;
- The compensation rate is commensurate with the fair market value of the goods, services, or money exchanged; and
- To the best of their ability, the student-athlete discloses to the Stanford Athletics Compliance Services Office that the agreement involves a Stanford Booster.



Consistent with Stanford's policies regarding name and trademark use, student-athletes are not permitted to use Stanford marks or logos in conjunction with NIL activities

Student-athletes may retain professional representation, including but not limited to representation provided by athlete agents or legal representation provided by attorneys, to assist with securing opportunities for NIL compensation. Professional representation must be for NIL opportunities only and not for future professional contract negotiations.

- Individuals providing professional representation to student-athletes must be licensed by the appropriate licensing authority in the state of California.

Federal law limits the scope of NIL activities in which international students may engage. International students should consult with government agencies and/or seek professional representation for guidance related to visa and tax implications of NIL activities to ensure such activities do not jeopardize visa status.



The NCAA regulates the kinds of interactions that you and your child may have with a “representative of the institution’s athletics interests” (more commonly referred to as a “booster”). A booster is broadly defined as any individual who has made a financial contribution to Stanford Athletics, or recruited on behalf of or otherwise promoted Stanford Athletics.

It is a violation of NCAA rules for a booster to provide a student-athlete, or their friends or relatives, with an extra benefit or preferential treatment that is not generally available to the student body or community at large. Common examples include cash, loans, employment opportunities, free or discounted housing, special access to events, etc. Any student-athlete who receives an impermissible extra benefit from a booster is immediately ineligible for competition.



Generally, competition on a non-Stanford team is prohibited during the academic year.

- Sports Other than Basketball – student-athletes may compete on a non-Stanford, amateur team only during official vacation periods while their sport is out-of-season.
- Basketball – non-Stanford competition is limited to participation in NCAA-approved summer leagues between June 15 and August 31.
- Individual Sports – competition as an individual (also referred to as “unattached”) is permissible at any time, provided the student-athlete represents only themselves in the competition (and not Stanford or any other team) and does not wear Stanford apparel.

Competition on a professional team is never permissible. Additional sport-specific restrictions and exceptions also exist, so please contact Compliance Services with any questions.

A student-athlete should notify their head coach and submit an Outside Competition/Participation Form in ARMS to obtain approval from Compliance Services before participating in any non-Stanford competition. Competing without approval may jeopardize a student-athlete’s eligibility.



National Team Participation

Under NCAA regulations, Stanford may provide financial assistance (up to \$5,000 per fiscal year) to assist student-athletes in participating in approved elite international competition and tryout events. Please contact Compliance Services if you have any questions about whether your child's participation in a given event qualifies to receive such expenses.



GAMBLING



The NCAA opposes all forms of sports wagering in all levels of sport. Sports wagering is defined as placing, accepting or soliciting a wager of any type with an individual or organization on any intercollegiate, amateur or professional contest. It is not permissible for student-athletes, coaches or athletic department staff to solicit or accept a bet on any sport sponsored by the NCAA at any level of that sport (professional, amateur, intercollegiate, etc.). It is important that any information you have access to as the parent of a student-athlete is not shared with any individual that may use it in sports wagering activities.

COMPLIMENTARY ADMISSIONS



Per NCAA rules, Stanford may provide a student-athlete with a maximum of 4 complimentary admissions to each regular-season competition in the student-athlete's sport, regardless of whether he/she/they competes. Ticket recipients must present identification at the admission gate. Neither the student-athlete nor the individual designated to receive a complimentary admission may exchange the complimentary tickets for money or any item of value.



The NCAA and Stanford Athletics both test student-athletes for substances found on the list of [NCAA Banned Substances](#). Testing is performed year-round. Your child is responsible for everything he/she/they ingest that might contain banned substances, including nutritional supplements and prescription-controlled substances. It is the student-athlete's responsibility to check with the Sports Nutrition staff before using any substance.