



STANFORD UNIVERSITY
STUDENT-ATHLETE HANDBOOK

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Dear Stanford Student-Athlete:

First and foremost, welcome to Stanford! We're excited to have you be a part of our program and feel confident that your time on The Farm will result in positive experiences and life-long memories.

We are mindful of the many challenges you face as a student-athlete, with effective time management likely at the top of the list. There is an extensive support system available to help guide you through this process, and we encourage you to take full advantage of these resources. We want you to feel comfortable in approaching your coaches, sport administrator, support staff, academic services and all members of the senior management team with any questions or suggestions. Our department staff takes great pride in being accessible to student-athletes and places an emphasis on maintaining open dialogue.

Just as you are committed to attaining a high level of success in the classroom and during competition, we are equally devoted to providing you with unparalleled resources to assist you in achieving your goals.

We greatly appreciate you reviewing the important information included in this handbook, and hope it serves as a valuable resource throughout the year.

We look forward to a tremendous campaign for Stanford both in competition and in the classroom. You are a critical component of our success and we wish you all the best!

Sincerely,

Bernard Muir
The Jaquish & Kenninger Director of Athletics



“

From its founding in 1891, Stanford University’s leaders have believed that physical activity is inherently valuable for its own sake and that vigorous exercise is complementary to the educational purposes of the university.

Within this context for human development, it is the mission of Stanford’s

Department of Athletics, Physical Education and Recreation to offer a wide range of high quality programs which will encourage and facilitate all participants to realize opportunities for championship athletic participation, physical fitness, health and well-being.

“



Each team has its own unique culture, values, and behavior expectations. However, as a department, there are certain guiding principles and skills that we believe are needed for a successful experience and are developed from participation in Stanford athletic programs. These principles support our mission to “Inspire Champions in Life.”

Grounded Self-Awareness & Growth Mindset

- **Innovation** – Ability to respond nimbly and innovatively in a rapidly changing world.
- **Self-Awareness** – Developing the skills to self-reflect and understand one’s own emotions, strengths, limitations, values, and motives to develop emotional intelligence.
- **Joy** – A positive, optimistic outlook, finding opportunities to celebrate multi-faceted contributions to the team and Stanford community.

Selfless Teamwork

- **Collaboration** – Respect for diversity, ability to put team first, and to work democratically/cooperatively in high stress environments.
- **Humility** – Genuine regard for the team/community and our limited role in its success, willing to play any role to advance the team’s/community’s goals.
- **Acknowledging Scarcity** – Attending Stanford entails embracing the meritocracy that rejected 95% of applicants. Once here, contributing to the Stanford community must supplant self-promotion.

Personal & Team Integrity

- **High-Integrity Role Model** – Embracing the importance of being a great citizen of Stanford, acting with absolute integrity, demonstrating the courage to lead in alignment with values and pursuing excellence as a habit without boundaries.
- **Communication Skills** – Visual (body language) and verbal (“open and substantive,” per Bill Walsh), efficacy in responding to conflict, recognizing primacy of face-to-face over virtual communication.
- **Responsibility for Personal Success** – Acknowledging tradeoffs in any decision, setting and adhering to priorities.

Competitive Greatness

- **Resilience** – Equipped to respond to crisis/setback/loss, mindset of gratitude, ability to reframe negatives into positives.
- **Competitive Success** – Embracing the value of and celebrating competitive excellence, maintaining poise, focus, and self-control under pressure.
- **Aspiration** – Applying a growth mindset to the pursuit of globally relevant excellence. Committed to constant improvement, teaching and learning, and having an uncommonly high work ethic.

The image is a full-page background with a strong red color cast. It depicts a university courtyard. In the background, there is a long, single-story building with a terracotta-tiled roof and several large, rounded arches. Several palm trees are visible behind the building. In the middle ground, a group of people, some wearing dark academic regalia, are walking across the courtyard. The foreground is dominated by a dense field of bright orange flowers, likely marigolds. The overall scene is bright but monochromatic due to the red tint.

**DEPARTMENT OF ATHLETICS
POLICIES AND KEY INFORMATION**



Athletic Department Rules

While each team has established individual team rules, the Athletic Department has established the following guiding principles for all student-athletes:

- Student-athletes will conduct themselves in such a manner as to represent their team, the Athletic Department and the University with integrity and pride whether in competition, in the classroom or in the community, and both while on campus and while away.
- Student-athletes must adhere to all University policies and state and federal laws including but not limited to, those relating to hazing and to the use of alcohol and illegal drugs.
- Student-athletes must participate in their sport free and clear of all NCAA banned substances.
- Student-athletes must treat their teammates, coaches, staff, opponents, competition officials, members of the Stanford community and hosts with dignity and respect and without prejudice.
- Student-athletes must report violations of any NCAA or University rules to any of the following they deem appropriate: Compliance Services, Faculty Athletic Representative, Athletic Department Legal Counsel, Sport Administrator, another Athletic Department Administrator, Institutional Compliance, or head coach.
- Student-athletes shall follow team rules, participate in required team activities, and communicate conflicts/issues as they arise.

Responding to Emergencies

In the event of a medical emergency, it is important that a university official be notified, after responding with the appropriate medical attention (i.e., calling 911, the resident dean, team athletic trainer). No matter how potentially damaging the situation may be to a team's activities and a student's future status with the Athletic Department, remember that the health and safety of your teammates is, and should be, more important than a possible Athletic Department or University response. Do not risk the health of a team member because you think your team's status with the Athletic Department is at risk, or that it is more important. Failure to respond quickly and honestly could lead to serious injury, or even death. In the event of an emergency, team members present should do the following:

1. Call appropriate emergency services by dialing 911 or 9-911 from a campus phone. Never attempt to move or transport a victim yourself unless failure to move the victim could place the victim in further peril.
1. If the emergency occurs in on-campus housing, immediately notify a resident dean at (650) 723-0778 (daytime phone) or by pager by calling the university operator at (650) 723-2300.
1. Notify your athletic trainer and head coach of the situation.



Hazing and Team Initiation

Learn more: <https://ose.stanford.edu/about-ose/ose-policies/core-10-student-org-policies#hazing>

Stanford is committed to fostering experiences, relationships and environments that contribute to the good of our community and ensure that every student feels a firm sense of belonging. Hazing of any kind is antithetical to these goals; therefore, Stanford prohibits hazing activities.

Hazing is any activity expected of someone joining or participating in an organization that humiliates, degrades, abuses, or endangers them, regardless of a person's willingness to participate. All students have the right to be free from such experiences.

There are two key elements when an individual is attempting to become a member of, or maintain membership in a student organization/team:

- Humiliating, degrading or endangering behavior
- Happens regardless of an individual's willingness to participate

Because of the socially coercive nature of hazing, implied or expressed consent is not a defense under this policy.

Conduct that constitutes hazing may also be found to violate other university policies, such as Sexual Harassment, the Fundamental Standard, or the alcohol and other drugs policy.

Hazing may result in serious individual and/or organization consequences including, but not limited to: disciplinary action up to and including expulsion for individuals and permanent loss of recognition for organizations. Any individual who plans or intentionally assists in hazing activity has engaged in hazing, regardless of whether that individual is present when the hazing activity occurs.

Stanford's hazing policy is distinct from and broader than California Penal Code section 245.6, which prohibits: "any method of initiation or pre-initiation into a student organization or student body, whether or not the organization or body is officially recognized by an educational institution, which is likely to cause serious bodily injury to any former, current, or prospective student of any school, community college, college, university or other educational institution in this state." A violation of Penal Code Section 245.6 that does not result in serious bodily injury is punishable as a misdemeanor, while a violation that results in death or injury is punishable as a felony or a misdemeanor.

Nothing in this hazing policy prevents Stanford from taking institutional action against hazing activity that falls outside the narrower definition of Penal Code section 245.6.

To report acts of hazing, visit: https://cm.maxient.com/reportingform.php?StanfordUniv&layout_id=21

Student-Athlete's Use of Personal Vehicles for Official Team Travel

Athletic Department policy prohibits student-athletes from using a personal vehicle for any official off-campus team activities. Insurance policies for the Athletic Department and the University do not cover this type of activity. An exception to this policy may be granted if the student-athlete has completed a Driver's Background Check through the University and is specifically authorized to drive for the designated team travel. Please speak with your coach about getting the necessary approval to transporting other student-athletes to off-campus activities.

All team travel activities should be coordinated through the head coaches using permissible transportation options. If you have questions about this policy, please talk to your head coach or your sport administrator.



Equity in Athletics Disclosure Act

Effective October 1996, Federal legislation requires that NCAA institutions make available to students, potential students, and the public a report on participation rates, financial support, and other information on the men's and women's athletic programs. Please contact the Athletic Director's office if you have questions regarding this information or go online to <https://ope.ed.gov/athletics/#/> to search for institutional data on Stanford or any other institution.

Class Conflict Policy

Student-athletes must attend all class sessions and complete course requirements according to course syllabi. When scheduling conflicts occur, the following requirements apply.

- Per NCAA bylaws, student-athletes can only miss class for competition. They cannot be excused from classes to attend other activities such as practice, workouts, physical therapy, or other team related activities (RARA). If Stanford is hosting a conference or NCAA championship, student-athletes may miss class time to attend practice activities conducted the day before the competition.
- Certain courses may offer or be designed to be taken asynchronously or recorded. Asynchronous courses or recorded courses do not require students to attend class at a certain time and may have separate requirements such as viewing an instruction video within a certain amount of time. In the event a course is asynchronous or recorded, a student-athlete may miss the designated class time within the class policy. An asynchronous or recorded course policy must be applied equally to all students in the class, albeit it may be to accommodate a wide variety of reasons outside of participation in athletics. If the policy is not written in the course syllabus, it must be confirmed, in writing, by the professor or teaching assistant. The professor or teaching assistant must note the exception is not only for athletics; an exception would also be made for a variety of other conflicts. The student should submit a ARMS form to be approved through Compliance and Academic Advising.
- Student-athletes must follow the regular schedule for final exams, unless competing in conference or NCAA Championships events. Coaches may not schedule regular season competitions during the End-Quarter Period: dead week (one week prior to the first day of finals period) or finals period, unless approved by the C-USP (Committee on Undergraduate Standards and Policies). In instances where an athletics competition conflicts with a final exam, per Stanford Final Exam Policy, faculty will make alternative arrangements for a student-athlete to complete an exam. AARC advisors will work directly with faculty to arrange appropriate accommodations based on the circumstances.
- Student-athletes must communicate with the instructors when scheduling conflicts exist. Student-athletes may request an accommodation that is available to all students enrolled in the course; an exception may not be made specifically for student-athletes. The instructor has the discretion to determine what academic accommodations for athletic commitments are appropriate.



- If a student-athlete is excused from course attendance, they are still responsible for submitting assignments on time or making alternative arrangements.
- While home competitions do not require extensive travel, student-athletes still have numerous pre-game obligations such as: (a) receiving medical treatment from athletic training; (b) all-team meetings and pre-game meals; (c) pre-game warm up and preparation activities; (d) travel from campus to the site of competition. Coaches may require student-athletes report a reasonable amount of time prior to a home competition, the day of a competition, resulting in a student-athlete missing class. In these circumstances, student-athletes are required to communicate with their professors prior to missing class. The UADs for student-athletes can share language and tips on reaching out to faculty regarding competition conflicts.
- In the event a student is going to miss class for an away competition, the student-athlete is responsible for communicating with their professor. As in the case with home competitions, the student-athlete's UAD can share language and tips on reaching out to faculty regarding competition conflicts. If required by the professor, student-athletes are responsible for providing a travel letter.

Before a student-athlete is permitted to miss class for practice unrelated to competition, student-athletes must submit an Alternative Class Attendance Method Approval form located in the ARMS forms hub. The form requires the following:

- The academic year, term, course number, course name, and professor name;
- An acknowledgement that the student-athlete has read the Class Conflict Policy;
- An acknowledgement that the student-athlete's UAD has been informed of the conflict;
- The student-athlete must obtain and attach an email from the Professor or Teaching Assistant approving the student-athlete to miss class and a copy of the course syllabus; and
- Approval from both the UAD and Stanford Compliance.



Stanford University admits qualified students of any race, color, national or ethnic origin, sex, age, disability, religion, sexual orientation, gender identity, veteran status, or marital status to all the rights, privileges, programs, and activities generally accorded or made available to students at the University. Consistent with its obligations under the law, Stanford prohibits unlawful discrimination on the basis of race, color, national or ethnic origin, sex, age, disability, religion, sexual orientation, gender identity or expression, veteran status, marital status or any other characteristic protected by applicable law in the administration of the University's programs and activities; Stanford also prohibits unlawful harassment including sexual harassment and sexual violence.

The following person has been designated to handle inquiries regarding this nondiscrimination policy: Director of the Diversity and Access Office, Kingscote Gardens, 419 Lagunita Drive, Suite 130, Stanford, CA 94305; (650) 723-0755 (voice), (650) 723-1791 (fax), equal.opportunity@stanford.edu (email).

Stanford's Title IX Coordinator, Stephen Chen, has been designated to handle inquiries regarding sexual harassment and sexual violence: Kingscote Gardens, 419 Lagunita Drive (2nd floor), Stanford, CA 94305, (650) 497-4955 (voice), (650) 497-9257 (fax), titleix@stanford.edu (email).

Individuals may also file complaints directly with the Office for Civil Rights, within the United States Department of Education, by calling the Office of Civil Rights hotline at (800) 421-3481 or following the information on this web site: <https://www2.ed.gov/about/offices/list/ocr/complaintintro.html>



About OCS:

The Office of Community Standards coordinates the student conduct system, including administering the formal disciplinary processes and the informal resolution of concerns.

The Stanford community strives to create meaningful change both on campus and in the world. A commitment to integrity permeates all aspects of campus life, and OCS supports this mission by upholding two of Stanford's foundational principles: the Fundamental Standard and the Honor Code. Together, these standards articulate the values that unite us and outline the responsibilities that attend the great privilege of being at Stanford. Every member of the Stanford community plays an integral role in espousing these ideals and sustaining our culture of excellence.

Fundamental Standard:

The Fundamental Standard has set the standard of conduct for students at Stanford since it was articulated in 1896. It states: Students at Stanford are expected to show both within and without the University such respect for order, morality, personal honor and the rights of others as is demanded of good citizens. Failure to do this will be sufficient cause for removal from the University.

Honor Code:

The Honor Code is an undertaking of the Stanford academic community, individually and collectively. Its purpose is to uphold a culture of academic honesty.

Stanford Student Conduct Charter

Facilitated by the Office of Community Standards (OCS), the Charter establishes the system for adjudicating allegations that a Stanford student has violated the Honor Code or Fundamental Standard, including through other applicable law or University policy.

Stanford Group Accountability Process (SGAP)

Facilitated by the Office of Community Standards (OCS), SGAP addresses alleged violations of university policies by student groups, which includes all voluntary student organizations, Row Houses, sports teams (both club and varsity), fraternities, and sororities ("Groups"). The goals of SGAP are to identify problematic conduct and behavioral issues within a Group and to provide a combination of educational and disciplinary sanctions to help the Group self-correct their behavior.



Stanford has traditionally placed a great deal of responsibility on the student-athlete in the realm of choices surrounding substance use. As a Stanford student-athlete there is an increased responsibility as your actions reflect not only your individual choices, but those of your team, the Athletic Department, and the University. Your high visibility in the community requires that you are accountable for your choices both within the athletic arena and in non-athletic associated circumstances. California State Law requires that individuals be 21 years of age to consume alcohol, and the NCAA requires that individuals comply with the banned substance list.

The NCAA will test for steroids, peptide hormones, masking agents, and other banned substances year-round and test for stimulants and recreational drugs during championships. In the event a student test positive or tampers with a drug test, per the NCAA bylaws, the following penalties apply:

Performance Enhancing Drugs

First Positive Test: Ineligible in all sports for 365 days and must be withheld for the equivalent of one-seasons worth of competitions; Loss of one season of competition in all sports.

Second Positive Test: Lose all remaining eligibility in all sports; Engage in substance abuse education and management plan developed by Stanford (DAPER or institutional resources as permitted).

Narcotics

First Positive Test: Ineligible for 50% of a season in all sports.

Second Positive test: Ineligible in all sports for 365 days and must be withheld for the equivalent of one-season of competition; Loss of one season of competition in all sports.



Additional Positive Tests: A student-athlete who test positive more than twice will be required to engaged in additional education and/or management planning for substance misuse (e.g., engagement with campus counseling services, participation in identified programs to address substance misuse, enrollment in evidence-based educational sessions) as determined by DAPER.

Tampering with or No-Showing an NCAA Drug Test

A student who no-shows a NCAA drug test is considered to have tested positive for performance enhancing drugs. See above for the associated penalties.

A student found to have tampered with an NCAA drug test is subject to the following penalties: Ineligible in all sports for 720 days and must be withheld for the equivalent of two-seasons worth of competitions; Loss of two seasons of competition in all sports.

Stanford Resources

Students in need of assistance may utilize the services of The Stanford Office of Substance Use Programs Education & Resources (SUPER). SUPER makes alcohol and drug prevention and early intervention programs, education, and other resources available to all students. Additional information can be found [here](#).



The University's sexual harassment policy can be found in Administrative Guide Memo 1.7.1(<https://adminguide.stanford.edu/chapter-1/subchapter-7/policy-1-7-1>). Stanford defines Title IX Sexual Harassment involves conduct, on the basis of sex, that satisfies one or more of the following::

- Unwelcome conduct determined by a reasonable person to be so severe, pervasive, AND objectively offensive that it denies a person equal educational access; **OR**
- An employee of the University conditioning the provision of an aid, benefit, or service of the recipient on an individual's participation in unwelcome sexual conduct.

Determining what constitutes sexual harassment depends on the specific facts and context in which the conduct occurs. Sexual harassment may take many forms; subtle and indirect or blatant and overt. For example, it may:

- Be conduct toward an individual of the same or different gender, gender expression, gender identity or sexual orientation.
- Occur between peers or between individuals in a hierarchical relationship.
- Be aimed at coercing an individual to participate in an unwanted sexual relationship or it may have the effect of causing an individual to change behavior or work performance.
- Consist of repeated actions or may even arise from a single incident if sufficiently egregious.

The University's policy on Prohibited Sexual Conduct may also apply when sexual harassment involves unwanted physical contact. Under Title IX, sexual violence (sexual misconduct and sexual assault) is a severe form of sexual harassment.

The University's consensual relationship policy can be found in Administrative Guide Memo 1.7.2 (<https://adminguide.stanford.edu/chapter-1/subchapter-7/policy-1-7-2>).

The policy specifically finds that certain staff roles, including coaches, have broad influence on or authority over students and their experience at Stanford. For this reason, **sexual or romantic relationships between coaches and undergraduate students are prohibited.**



More generally, there are special risks in any sexual or romantic relationship between individuals in inherently unequal positions, and parties in such a relationship assume those risks. In the university context, such positions include (but are not limited to) teacher and student, supervisor and employee, senior faculty and junior faculty, mentor and trainee, adviser and advisee, teaching assistant and student, principal investigator and postdoctoral scholar or research assistant, coach and athlete, attending physician and resident or fellow, and individuals who supervise the day-to-day student living environment and their students.

Because of the potential for conflict of interest, exploitation, favoritism, and bias, such relationships may undermine the real or perceived integrity of the supervision and evaluation provided. Further, these relationships are often less consensual than the individual whose position confers power or authority believes. In addition, circumstances may change, and conduct that was previously welcome may become unwelcome. Even when both parties have consented at the outset to a sexual or romantic involvement, this past consent does not remove grounds for a charge based upon subsequent unwelcome conduct.

Such relationships may also have unintended, adverse effects on the climate of an academic program or work unit, thereby impairing the learning or working environment for others – both during such a relationship and after any break-up. Relationships in which one party is in a position to evaluate the work or influence the career of the other may provide grounds for complaint by third parties when that relationship gives undue access or advantage, restricts opportunities, or simply creates a perception of these problems. Additionally, even when a relationship ends, there may be bias (even if unintentional) for or against the former partner, or there could be an ongoing impression of such bias; in other words, the effects of a romantic or sexual relationship can extend beyond the relationship itself.

For all of these reasons, sexual or romantic relationships--whether regarded as consensual or otherwise--between individuals in inherently unequal positions should in general be avoided and in many circumstances are strictly prohibited by this policy.

It is the policy of Stanford University to comply with Title IX of the Education Amendment of 1972 and its regulations, which prohibited unlawful discrimination on the basis of sex. The Title IX Office is responsible for coordinating the University's efforts to comply with the law. Anyone who believes that Stanford is not in compliance with Title IX and its regulations should contact the University Title IX Office at (650) 497-4955 or https://titleix@stanford.edu.

The Title IX Office is responsible for responding to matters of sexual assault, relationship (dating) violence and stalking (collectively prohibited conduct). The Title IX Office serves as a resource to review allegations of prohibited conduct and may provide interim accommodations relating to housing, academics, or no-contact letters while a matter is being reviewed.

You are advised to consult the Sexual Harassment Policy website at <https://harass.stanford.edu> for more information on Stanford's Sexual Harassment and Consensual Relationships Policy. These sites also provide contact information of numerous professional and confidential counselors who can answer any questions you may have concerning sexual harassment.



Stanford University Campus Sexual Harassment Advisors:

Stephen Chen, University Title IX Coordinator.....titleix@stanford.edu

Department of Athletics, Physical Education & Recreation Sexual Harassment Advisors:

Heather Owen, Deputy Athletics Director, SWA.....h.owen@stanford.edu

Jacquelyn Kulgevich, Deputy Athletics Director, Student-Athlete Success.....iduysen@stanford.edu

or

Sexual Harassment Policy Office (harass@stanford.edu).....(650) 723-1583



Stanford Psychiatry and Behavioral Sciences offers student-athletes mental health support and counseling services through Sport Psychology. Student-athletes also may also utilize resources on campus through any of the avenues outlined below.

Mental Health Resources at Stanford

<https://studentaffairs.stanford.edu/mental-health-resources-stanford>

Counseling and Psychological Services (CAPS)

- <https://vaden.stanford.edu/caps>
- (650) 723-3785 (24/7)

Confidential Support Team (CST)

- <https://vaden.stanford.edu/confidential-support-team-cst>
- 650.725.9955 (24/7)
- Confidential resources available

The Bridge Peer Counseling

- <http://www.stanford.edu/group/bridge/>
- (650) 723-3392 (24/7)

Office for Religious & Spiritual Life

- <http://religiouslife.stanford.edu>
- Confidential resources available

Office of Substance Use Programs, Education, & Resources

- <https://vaden.stanford.edu/super>
- 650.725.5947 (by appointment only)



If a student-athlete believes that they have received unfair or improper treatment regarding their Stanford athletic participation, they may pursue the following grievance procedure:

- 1. Informal Resolution:** The Athletic Department believes that a part of the growth process for all student-athletes is learning to constructively deal with conflict. Therefore, it is the general practice that the student-athlete should first discuss the problem with the individual(s) most directly responsible (e.g., if the matter involves the coach or a team policy established by the coach, the student-athlete should contact the coach or the captain(s) of the team and work on an informal basis to resolve the issue with the coach). If the matter involves another student-athlete or non-coaching staff member of the team, the student-athlete is encouraged to discuss the matter with the coaching staff.

If no resolution results, the student-athlete should consult with their sport administrator. The sport administrator will work with the student-athlete to resolve the issue. If possible, serious efforts should be made to resolve the issues at an informal level without the complaint escalating to the status of a formal grievance.

Another informal resolution vehicle is the Office of the University Ombuds (<https://ombuds.stanford.edu/>).

- 1. Formal Grievance:** If informal means of resolution prove unsuccessful, the student-athlete may elect to initiate the formal grievance process. To do so the student-athlete must set forth, in writing, the substance of the complaint, the grounds on which it is based, and the efforts taken to date to resolve the matter.

The grievance document will be submitted to the Director of Athletics. A grievance must be filed in a timely fashion, i.e., normally within thirty days of the end of the academic quarter in which the action that is the subject of the grievance occurred. A delay in filing a grievance may be grounds for rejection of that grievance. The Director of Athletics will initiate a review in a timely manner, which should normally be completed within thirty days. The Director of Athletics or his/her/their designee will issue a final decision in writing.

Further Information: Inquiries concerning the grievance procedure should be directed to a Compliance Services staff member, the Faculty Athletics Representative, Athletic Department Legal Counsel, or Institutional Compliance Hotline.



California has codified law to provide protections and privileges to student-athletes within the state. The law articulates protections in the following areas:

- Scholarship renewals for a permanently incapacitating injury or illness
- Scholarship terms
- Degree completion funds
- Life skills, financial literacy, and time management programming
- Due process rights
- Timely notice following a request to transfer
- Health insurance requirements for student-athletes
- Guidelines regarding concussions and rehydration
- Title IX adherence (<https://gostanford.com/news/2019/5/8/athletics-title-xi-the-clery-act.aspx>)
- Clery Act reporting rights (<https://gostanford.com/news/2019/5/8/athletics-title-xi-the-clery-act.aspx>)

For more information about the protections provided under the Student Athlete Bill of Rights, please visit the following link:

https://leginfo.ca.gov/faces/codes_displayexpandedbranch.xhtml?tocCode=EDC&division=5.&title=3.&part=40.3.&chapter=&article=

If a student-athlete believes that his or her rights under California law have been violated, he/she/they may pursue the following grievance procedure:

- 1. Informal Resolution:** The Athletic Department believes that a part of the growth process for all student-athletes is learning to constructively deal with conflict. Therefore, it is the general practice that the student-athlete should first discuss the problem with the individual(s) most directly responsible (e.g., if the matter involves the coach or a team policy established by the coach, the student-athlete should contact the coach or the captain(s) of the team and work on an informal basis to resolve the issue with the coach).

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Another form of informal resolution vehicle is the Office of the University Ombuds [provide information from the Ombuds website]



- 2. Formal Grievance:** If informal means of resolution prove unsuccessful, the student-athlete may elect to initiate the formal grievance process. To do so the student-athlete must set forth, in writing, the substance of the complaint, the grounds on which it is based, and the efforts taken to date to resolve the matter.

The grievance document will be submitted to the Director of Athletics. A grievance should be filed in a timely fashion, i.e., normally within thirty days of the end of the academic quarter in which the action that is the subject of the grievance occurred. The Director of Athletics will initiate a review in a timely manner, which should normally be completed within thirty days. The Director of Athletics or his/her/their designee will issue a final decision in writing.

Further Information: Inquiries concerning the grievance procedure should be directed to a Compliance Services staff member, the Faculty Athletics Representative, Athletic Department Legal Counsel, or Institutional Compliance Hotline.

- 3. California Department of Education Complaint:** If the formal grievance means of resolution proves unsuccessful, the student-athlete may elect to initiate a complaint with the California Department of Education. The California Department of Education directs all individuals to pursue resolution through the institution first, so a student-athlete will be expected to have exhausted all previous grievance options before filing a complaint with the state. For information pertaining to this option, please visit <https://www.cde.ca.gov/re/cp/>.

Should there be an inquiry into a possible violation of the Student Athlete Bill of Rights, Stanford is prohibited from intentionally retaliating against a student-athlete for his or her participation in any of the following manners:

- a) Making or filing a complaint, in good faith, about a violation;
- b) Testifying or otherwise assisting in any investigation into violations; or
- c) Opposing any practices that the student-athlete, in good faith, believes are a violation.

A red-tinted photograph of a university courtyard. In the background, a building with a tiled roof and arched walkways is visible. Several palm trees stand behind the building. In the foreground, a large field of orange flowers is in bloom. The text "DASH: ACADEMIC ADVISING AND STUDENT-ATHLETE SUCCESS & WELL-BEING" is overlaid in white, bold, sans-serif font in the center of the image.

**DASH: ACADEMIC ADVISING AND
STUDENT-ATHLETE SUCCESS &
WELL-BEING**



A nod to the hyphen, DASH is the connection between student and athlete, signifying the development that takes place between these intersectional identities. The DASH team includes professional advisors specializing in the holistic development of Stanford student-athletes.

Website:

gostanford.com/dash

Staff Contact Information:

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TBD -- Coach, Student-Athlete Career Preparedness & Alumni Mentorship

TBD -- Coach, Student-Athlete Success

ABOUT THE AARC



The “AARC” or Athletic Academic Resource Center, is located on the second floor of Arrillaga Hall. DASH advisors have office space in the AARC, but please consider the AARC your community hub at Stanford.

During the academic year the AARC is open to all Stanford student-athletes for study, tutoring services, group meetings, computer and printer access, and DASH advisor support. The AARC has two sections: an independent study area, designed for quiet study and reflection, and a collaboration space, designed for community building and group meetings.

Location: Arrillaga Hall/Athletic Academic Resource Center (second floor); 338 Arguello Way

Hours of operation:

Daily (including holidays and weekends): 7:00am-11:00pm

Building accessible via Stanford ID card

Public access: 8:00am-5:00pm

Fueling Station:

DASH has partnered with Sports Nutrition to host a satellite fueling station in the AARC to provide additional nutrition for student-athletes after hours.



About Your Academic Advisor:

Undergraduate Advising Directors for Student-Athletes (UADs) are housed in the Athletic Academic Resource Center (AARC) and are the primary undergraduate advising contact for varsity student-athletes. Your UADs for Student-Athletes are full-time, professional staff within the Office of Academic Advising who partner closely with colleagues across campus to provide a comprehensive network of support that promotes a student's academic success and furthers his or her intellectual goals.

About Academic Advising

<https://undergrad.stanford.edu/>

Academic advising is key to a successful undergraduate experience. Stanford offers a wealth of intellectual opportunities, both in and out of the classroom. Your Academic Advisors can help you take full advantage of all that is available as you create your own unique path through your undergraduate career. In addition to the UADs for Student-Athletes, Academic Advising supports UADs in your neighborhood, UADs for pre-professional advising, and UADs for cotermin, Leland Scholar, and transfer advising.

Learn more at <https://advising.stanford.edu/meet-your-advisors>



To be eligible to compete, you must be in good academic standing according to Stanford University, be enrolled in at least 12 units (graduate students may be enrolled in as few as 8 units), and maintain academic progress toward a baccalaureate degree. In addition, to meet the NCAA progress towards degree rules, student-athletes must meet the following academic requirements each fall (based on number of full-time quarters enrolled in during the regular academic year) and additional sport-specific academic requirements when applicable (e.g. football, baseball, wrestling):

6-Unit Requirement

All student-athletes must pass six degree-applicable units each term during the academic year (fall, winter, spring) to be eligible for competition in the following term. Please carefully consider the following notes:

- If you have already completed the maximum number of activity units accepted towards your degree, additional activity units will NOT be included into the six-unit calculation for the quarter.
- The six-unit requirement does carry over from year-to-year. Your academic performance in spring quarter will determine your eligibility for the fall quarter.
- Baseball student-athletes: In the sport of baseball, your academic performance during the spring quarter will determine your eligibility for the next academic year, not just the following fall quarter.
- Football student-athletes: In the sport of football, you are required to pass eight-degree applicable units during the fall quarter to be eligible for the next fall season.



By the beginning of your fourth term in college:

- have completed 36 units during your freshman year (includes summer school);
- have completed 27 units during your freshman regular academic year (fall/winter/spring);
- maintain at least a 1.8 cumulative GPA (90% of Stanford's required 2.0) after each term.

By the beginning of your seventh term in college:

- have declared your major;
- have completed 27 units during the previous academic year (fall/winter/spring);
- have completed at least 40% of your degree;
- maintain at least a 1.9 cumulative GPA (95% of Stanford's required 2.0) after each term.

By the beginning of your tenth term in college:

- have completed 27 units during the previous academic year (fall/winter/spring);
- have completed at least 60% of your degree;
- maintain at least a 2.0 cumulative GPA (100% of Stanford's required 2.0) after each term.

By the beginning of your thirteenth term in college:

- have completed 27 units during the previous academic year (fall/winter/spring);
- have completed at least 80% of your degree;
- maintain at least a 2.0 cumulative GPA (100% of Stanford's required 2.0) after each term.



AXESS is a student information system available via the web. You will need aSUNet ID and Password, to use AXESS. Using AXESS, you will be able to complete the following tasks:

- file or adjust your study list and select your grading options;
- review your grades;
- request an official transcript;
- declare your major and minor;
- apply to graduate;
- update your home address, permanent address, mailing address or email address;
- apply for housing.
- complete required trainings/procedures required by Stanford.
- review your record for holds.

Registering for Classes/Submitting a Study List

Once you have met with your academic advisor and chosen a schedule of classes for the quarter, you will need to go onto AXESS and enter the classes you will be taking. Any student who has an academic hold on their registration WILL have to meet with their advisor. AXESS will alert you if this is required for you to register. Also, a small number of departments require their undergraduates to secure approval codes, so when declaring your major you will need to ask if your department has such a requirement. University study list deadlines are listed on the calendar in this handbook, but note that if you are in season (practicing or competing) your deadline may be different than those for other students.

Correct Registration

A week or so after you have filed your final study list, it is recommended that you double-check your schedule on AXESS to make certain that your study list reflects your actual courses. Common errors include listing the incorrect section or incorrect course number (particularly with athletic activity units), or enrolling for a course with the incorrect grading option. These can be easily changed prior to the drop/add deadlines, but are difficult to correct after the deadlines or at the end of a quarter. If you have any questions, please contact your undergraduate advising director.



Tutoring for Student-Athletes:

In collaboration with the Center for Teaching & Learning, DASH offers in-person and virtual tutoring services at times and locations accessible for student-athletes due to their unique scheduling constraints. All tutors are trained graduate or upper-class students who are available to help Stanford student-athletes achieve their academic goals.

Tutoring is not a replacement for student-athletes attending class or to do the homework for you. The tutor's role is to help you understand concepts and develop problem-solving approaches which will be effective in a given class. Assistance greater than this could be considered a violation of the University's Honor Code and a violation of NCAA regulations. Students are advised to read their course syllabi fully and consult with their professor on collaborative efforts to avoid violations of the Honor Code.

Only tutoring arranged by DASH will be paid by Stanford Athletics.

Campus Tutoring Resources:

Additional tutoring and student learning services are available for all Stanford students, including:

- [Center for Teaching and Learning](#) (subject tutoring in bio/bioengineering; chemistry; CME; computer science; economics; engineering; human biology; math; physics; statistics)
- [SUMO: Stanford University Mathematical Organization](#) (mathematics)
- [Language Conversion Partners](#) (foreign language)
- [Hume Center for Writing and Speaking](#) (written & oral communication)
- [Technical Communication Program](#) (STEM communication)



Co-sponsored by Academic Advising and the Department of Athletics, Partners for Academic Excellence (PAE) is a course intended for first-year student-athletes.

Led by DASH advisors with support from upper-class student-athlete mentors, PAE is designed to augment the traditional first-year advising program through community-focused advising groups to ultimately improve the quality of the first-year student-athlete experience.

PAE supports student-athletes as they:

- Integrate into the student-athlete community and develop meaningful relationships with peers
- Understand various campus policies to make the most of their academic journey
- Explore the multitude of resources across campus
- Take ownership over their academic and social decisions
- Develop their identity on campus beyond the realm of athletics

To enroll in PAE during Autumn Quarter, first-year student-athletes can register for the 1-unit class, "UAR 56: Building a Successful Academic Career" via AXESS.



Learn more: <https://undergrad.stanford.edu/programs>

Civic, Liberal, and Global Education (COLLEGE)

Going to college is not just about acquiring the ability to make a living; it's also about developing the skills that empower and enable us to live together: in our own communities, in a diverse nation, and in a globally connected society.

Community Engaged Learning / Cardinal Courses

Cardinal Courses may feature service as an integral component of the academic course experience, focus on public service as subject matter, or offer preparation for public service internships or fieldwork.

Introductory Seminars

Introductory Seminars (IntroSems) are small, hands-on elective courses offered across all seven schools, designed specifically for Frosh and Sophomores.

Program in Writing and Rhetoric (PWR)

PWR courses focus on themes designed to inspire you as a writer and researcher -- from ethics and artificial intelligence to hip-hop culture, language and power, and Silicon Valley and the future of work, for example.

Sophomore College

SoCo's immersive, three-week residential classes often include field trips and hands-on learning outside the classroom, creating a connection with your SoCo faculty and life-long friendships. Enjoy small class sizes and the chance to focus deeply on a field that interests you.



About Student-Athlete Success & Well-Being:

DASH Student-Athlete Success & Well-Being includes professional staff who specialize in supporting student-athletes find community and a sense of purpose and belonging at Stanford, both in and out of sport. In addition to coordinating community-wide programming, training, and events, staff provide individualized and group advising as well as ongoing support for all student-athlete engagement groups.

Areas of Focus:

Career & Mentorship

Programs and support services are designed to assist student-athletes wayfind potential career pathways and explore alumni connections. Offerings include networking events; micro-internships; career coaching & mentorship opportunities, and the Faculty Athletic Fellows program.

Leadership

Staff facilitate and connect student-athletes with unique, transformative team, campus, conference, and national-level leadership opportunities, including C-House & SAAC. In addition, DASH collates individual student-athlete recognition efforts, including management of NCAA postgraduate scholarship.

NIL Collaboration

In partnership with Altius Sports Partners, staff provide support for and access to innovative NIL opportunities; partnership with collectives; financial literacy & money management education.

Well-Being Programming & Support

Facilitation of student-athlete access to educational programming in a number of areas, including diversity, equity, inclusion and belonging, as well as campus sexual violence prevention. In addition, staff oversee a robust peer mentorship program that connects upper and underclass student-athletes together to foster well-being and success at Stanford.

Community & Belonging

DASH staff provide robust support of student-athlete engagement groups, including development and execution of student-initiated events. Staff also provide budget oversight and maintain strong relationships with campus and community partners to ensure successful leadership transition from year to year.



Student-Athlete Engagement Groups

Created by and for the Stanford student-athlete community, Engagement Groups reflect the tremendous diversity of the Stanford student-athlete experience and offer a tangible way for students to enhance their out-of-play peer leadership acumen in support of their personal and professional journey.

- AIMS: Athletes in Medicine at Stanford
 - A community of current and former Stanford student-athletes in medicine
- Cardinal BLCK
 - A safe space for Black student-athletes to connect, share, and foster a meaningful community
- Cardinal Community
 - Dedicated to creating and providing community service opportunities for Stanford student-athletes
- Cardinal Pride
 - A safe space and support network for Stanford athletes identifying as LGBTQIA+ (including allies)
- Cardinal RHED: Resilience, Health & Emotional Development
 - Dedicated to fostering compassion, empathy, and vulnerability among the student-athlete community
- C-House
 - Coach-appointed, team representative(s) meet quarterly to discuss the needs and concerns of the Stanford student-athlete community
- CISA: Community of International Student-Athletes
 - A space for international student-athletes to come together, share their experiences, and find resources to enhance their experience at Stanford.
- SAAC: Student-Athlete Advisory Committee
 - Committed to advocating for the needs of Stanford student-athletes through policy & legislative means; SAAC facilitates quarterly C-House meetings & advances relevant feedback to Stanford Athletics, Stanford University, Conference, and NCAA leadership.
- SAS: Student-Athletes for Sustainability
 - Student-athletes dedicated to embedding sustainability practices into the culture of Stanford Athletics
- SEA: Social Events for Athletes
 - Provides opportunities to create meaningful social connections in the student-athlete community
- Tree Talk
 - Student-athletes interested in creating podcasts to highlight unique aspects of student-athlete life at Stanford
- Student-Athletes in Finance
 - A collaborative community offering mentorship for all student-athletes interested in pursuing careers in finance



NCAA Postgraduate Scholarship

NCAA Postgraduate Scholarships are awarded to student-athletes who excel academically and athletically and who are in their *final year of intercollegiate athletics competition*. The one-time non-renewable scholarships of \$7,500 are awarded three times a year corresponding to each sport season (fall, winter and spring) for use in an accredited graduate program. DASH advisors, coaches, Stanford Athletics administrators, and the Faculty Athletic Representative (Jay Mitchell) nominate eligible student-athletes for this award.

SAM: Stanford Alumni Mentoring

SAM is an online mentoring program designed to help current students connect with alumni to navigate their life at Stanford and beyond. Block S Society members can create a SAM profile and join the *Block S Society* group to mentor current student-athletes and help them to navigate life at Stanford, as well as after they graduate. Varsity student-athlete alums in the Block S Society group can also interact with each other, connecting to a vast network of alums in various stages of their career.

Learn more at mentoring.stanford.edu

Stanford PlusFive

Stanford Career Education and the Stanford Alumni Association offer career development for alumni for five years after graduation. PlusFive provides Stanford alumni access to:

- Career Coaching
- Alumni Connections
- Employer Connections
- Virtual Programs & Resources

Learn more at plusfive.sites.stanford.edu

A red-tinted photograph of a university courtyard. In the background, a building with a tiled roof and several arches is visible. Palm trees are silhouetted against the sky behind the building. In the foreground, a large field of orange flowers is in bloom. The text "STUDENT-ATHLETE BENEFITS AND RESOURCES" is overlaid in white, bold, sans-serif font in the center of the image.

**STUDENT-ATHLETE BENEFITS AND
RESOURCES**



Purpose: Student-Athlete Benefits and Resources is comprised of the Compliance Services Office and DASH. These groups serve to assist student-athletes in their academic and athletic pursuits during their time as a student-athlete.

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Sports: Men's Basketball, Men's Gymnastics, Women's Tennis, Women's Swimming & Diving,

Davis Ryan – Assistant Director, Compliance Services
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Sports: Men's Golf, Men's Soccer, Women's Lacrosse, Co-ed Sailing, Women's Sailing, Women's Volleyball

TJ Bleichner – Assistant Director, Compliance Services
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Sports: Women's Beach Volleyball, Men's Fencing, Women's Fencing, Women's Lightweight Rowing, Women's Open Weight Rowing, Women's Soccer, Softball

Desiree Stinger – Assistant Director, Compliance Services
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Sports: Women's Basketball, Men's Cross Country, Women's Cross Country, Men's Track & Field (Indoor & Outdoor), Women's Track & Field (Indoor & Outdoor), Women's Squash, Men's Water Polo, Men's Wrestling

Alesha Blair – Assistant Director, Compliance Services
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DASH: Academic Advising

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TBD -- Coach, Student-Athlete Career Preparedness & Alumni Mentorship

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ATHLETICS BOARD AWARDS



Below is the list of the Stanford Athletics Board awards, which are presented annually at the end of spring quarter.

Al Masters Award – presented to the Stanford student-athlete attaining the highest standards of athletic performance, leadership, and academic achievement (highest award).

Biff Hoffman Award – presented to the outstanding senior who competes in a male sport.

Stanford Athletics Board Award – presented to the outstanding senior who competes in a female sport.

Donald Kennedy Award – presented to the Stanford senior student-athlete(s) who best exhibits the combination of excellent academics, strong athletic ability, and a commitment to community service.

Spirit of Stanford Award – presented to a charismatic student-athlete who excels at his/her/their sport and is an effective leader on and off the field. This student-athlete is an exemplary teammate, active across campus and in the community, and embraces the values of Stanford University. The award is given in memory of Frankie Albert, '42.

Jake Gimbel Award – presented to the senior with the best competitive attitude who competes in a male sport.

Pam Strathairn Award – presented to the senior with the best competitive attitude who competes in a female sport.

Block S Honors Award – Men's Team Student-Athlete – presented to the senior varsity letter winner who competes in a male sport with the highest GPA.

Block S Honors Award – Women's Team Student-Athlete – presented to the senior varsity letter winner who competes in a female sport with the highest GPA.

Dick and Anne Gould Captain's Award – presented to the senior captain who exhibited uncommon leadership to his/her/their team.

Block S Outstanding Junior Award – presented to the highest-achieving student-athlete(s) of the junior class.

Block S Outstanding Sophomore Award – presented to the highest-achieving student-athlete(s) of the sophomore class.



Conference Athlete of the Year – presented to a Stanford student-athlete who distinguishes himself, herself, themselves in conference competition.

Block S Outstanding Freshman Award – presented to the highest-achieving student-athlete(s) of the freshman class.

Bob Murphy Award – presented to the student-athlete whose unforgettable performance in an athletic contest secures a place in Stanford Athletics history.

Arthur F. Dauer Memorial Sports Performance Award – administered by the Director of Sports Performance, this award honors the student-athlete who not only displays maximum effort on and off the field of competition, but also brings out the best in his/her/their teammates through positive attitude, relentless work ethic, and consistent commitment to performance enhancement. The award is given in memory of Arthur F. Dauer, '69.

Thomas W. Ford Award - presented to the team whose student-athletes have demonstrated a special commitment to participation in local community outreach programs.



Letter awards are awarded to varsity athletes who meet the specified criteria for their particular sport, as determined by their coaches. Any changes, alterations, enhancements or upgrades to the award cannot be included with the initial award order and cannot be paid for by the Department of Athletics. Students must receive their award “as is” and must make their own arrangements for any adjustments.

The NCAA issued the following official interpretation regarding student-athletes and the selling of athletic awards: “A student-athlete shall not sell any item received for intercollegiate athletics participation or exchange or assign such an item for another item of value, even if the student-athlete’s name or picture does not appear on the item received for intercollegiate athletics participation.

1 st Year Letter Award	2 nd Year Letter Award	3 rd Year Letter Award	4 th Year Letter Award
Jacket	Watch	Blanket	Ring

To Receive Your Award

Once eligibility for a letter award is confirmed by the Compliance Services Office, the approved letter award form is sent to the Equipment liaison, who processes all requested orders. Each student-athlete is responsible for picking up his/her/their own award and is required to sign a form acknowledging receipt of that award.

All student athletes should pick-up or request their award, within 1 calendar year of the date they were notified of their award status. Any award requested after a calendar year has passed will need to be purchased by the student athlete.

If you wish to claim an award after that time frame, you or your sport must pay for it.

Student-athletes who participate in two (or more) sports may earn only one letter award per year, not one per sport. A student-athlete cannot earn more than one of each award (1 jacket, 1 watch, 1 blanket, 1 ring), regardless of the number of sports they letter in. The criteria for each sport to receive a letter award can be found on the following three pages.



Baseball

At the discretion of the coaching staff.

Men's Basketball

At the discretion of the coaching staff.

Women's Basketball

At the discretion of the coaching staff.

Beach Volleyball

At the discretion of the coaching staff.

Men's Crew

Participate on Varsity 8 in 2/3 of all races; row in Varsity 8 for championship races (Pac-12 or IRA); row in JV 8 that defeats Cal or Washington; coaches discretion.

Women's Crew

Compete in an NCAA lineup (1V8, 2V8, V4) during the Championship Season or at the discretion of the head coach.

Lightweight Crew

Participate in the Varsity 8 or Varsity 4 at the National Championships; at the discretion of the coaching staff.

Cross Country

At the discretion of the coaching staff.

Fencing

At the discretion of the coaching staff.

Field Hockey

At the discretion of the coaching staff.

Football

Participation at least one game, even if the student athlete has retained their redshirt year; or at the discretion of the head coach.



Men's Golf

Compete in 1/2 of all events or compete at Conference Championships, NCAA Regionals or NCAA Championships; or at the discretion of the head coach.

Women's Golf

At the discretion of the coaching staff.

Men's Gymnastics

Participate in a competition as a team member, not as an individual; or at the discretion of the coaching staff.

Women's Gymnastics

All team members who complete the season; or at the discretion of the coaching staff.

Lacrosse

All team members who compete in and complete the season; or at the discretion of the coaching staff.

Sailing

Participation in a national championship; finishing in top 10% in more than one Intersectional regatta; or participation in more than 50% of scheduled events in the discipline the athlete is competing in.

Men's Soccer

All team members who complete the season, excluding redshirts.

Women's Soccer

All team members who compete in and/or complete the season; or at the discretion of the coaching staff.

Softball

All team members who complete the season; or at the discretion of the coaching staff.

Women's Squash

All team members who complete the season.



Men's Swimming & Diving

ACC Championship seasons: all athletes. All other years: all official ACC squad members, unofficial members at the discretion of the coach.

Women's Swimming & Diving

ACC Championship seasons: all athletes. All other years: all official ACC squad members, unofficial members at the discretion of the coach.

Synchronized Swimming

Score in 2/3 of events entered and 1/2 of meets competed; or at the discretion of the coaching staff.

Men's Tennis

At the discretion of the coaching staff.

Women's Tennis

All team members who compete during the season.

Track and Field

At the discretion of the coaching staff.

Men's Volleyball

All team members who complete the season, excluding redshirts.

Women's Volleyball

All team members who complete the season; or at the discretion of the coaching staff.

Men's Water Polo

All team members who complete the season, excluding redshirts.

Women's Water Polo

All team members who complete the season; or at the discretion of the coaching staff.

Wrestling

Compete in at least one match while representing Stanford (i.e., not redshirting) and complete the season; complete the season as a graduating senior; or at the discretion of the head coach.



Complimentary Admissions to Your Own Sport

NCAA rules permit every student-athlete to receive up to (4) four complimentary admissions to their sport's home regular season contests. Student-athletes must login to the ARMS student-athlete portal and request their complimentary admissions before each event, listing the four guests who will receive their complimentary tickets. This must be completed by a deadline set by the Ticket Office. Guests will be admitted through the designated pass gate and must present photo ID for admittance.

The Red Zone - free admission to all regular season events

As a Stanford student, you are automatically a member of the Red Zone, the official student fan group of Stanford Athletics and the most raucous section inside of all Stanford Athletics' venues. Being a member of the Red Zone, you'll enjoy a number of benefits, including FREE admission to all regular season athletic home events, automatic eligibility to our Cardinal Rewards Program which offers unique prizes and giveaways, and some of the best seats on The Farm! Visit www.gostanford.com/redzone for all you need to know!

Student admission to football games

All students (including student-athletes) must bring their active SUID to scan for admission into Stanford Stadium. There will not be exceptions made for student-athletes who do not bring their SUID. For more information, visit www.gostanford.com/redzone.

The Red Zone loyalty point system

The Red Zone Loyalty Point System is designed to allow the most loyal and dedicated student fans priority access to marquee game tickets (Football vs. Oregon & Football vs. Cal) subsidized postseason tickets, and special giveaways and prizes. Students will earn Red Zone Loyalty Points by scanning their SUID card at designated events throughout the year. Student-athletes can receive Red Zone Loyalty Points for events in which they are competing, but points cannot be awarded for events missed due to competition or travel due to NCAA regulations. For more information on the Red Zone Loyalty Point System, visit www.gostanford.com/redzone.

Pass List Locations

- Stanford Stadium/Red Zone (Football): Gate 3
- Roscoe Maples Pavilion (Basketball/Volleyball): Southeast Corner (gate facing football practice field). Women's Gymnastics: Northwest Corner
- Sunken Diamond (Baseball): Main Gate
- Laird Q. Cagan Stadium (Soccer): Main Gate
- Boyd & Jill Smith Family Stadium (Softball): Main Gate



DAPER Policy for Funding Insurance

There are two types of disability insurance policies: permanent total disability and permanent total disability with a loss-of-value rider. Stanford's Compliance Services Office is here to assist Stanford student-athletes and their families when considering purchasing disability insurance.

DAPER may utilize institutional funds, under the conditions outlined in DAPER's Permanent Total Disability & Loss of Value Insurance Policy, to enable student-athletes to purchase Permanent Total Disability (PTD) insurance to protect against projected future loss of earnings as a professional athlete due to a disabling injury or illness that may occur during their intercollegiate career at Stanford.

Permanent Total Disability (PTD) - Protects student-athletes against future loss of earnings (subject to policy limits) as a professional athlete due to an injury or sickness that occurs during their collegiate career and permanently ends their athletic career.

Loss of Value (LOV) – Protects against the risk that a student-athlete's actual draft position (and earnings as a professional athlete) will be less than projected as a result of an injury or illness suffered during their collegiate career. This is an optional feature that may be added to a PTD policy at the student-athlete's expense.



Eligibility for Funding

The student-athlete must meet all NCAA, Conference, and Stanford requirements to be eligible to compete for the current and upcoming academic year and must adhere to all team rules and other requirements established by DAPER.

The student-athlete is expected to play in any game for which they are eligible and cleared to participate by Stanford Sports Medicine. If a student-athlete elects not to play in any game while eligible and medically cleared it is at the discretion of DAPER to require the student-athlete to repay the amount of the insurance premium provided by Stanford.

The student-athlete must agree that, in the event they withdraw from the institution, transfer, or professionalize themselves before the start of their next designated NCAA championship playing season (“championship segment”), the student-athlete must repay 100% of the insurance premium provided by Stanford.

In the event the student-athlete withdraws from the institution, transfers, or professionalizes themselves before the completion of their next designated championship segment, it is at the discretion of DAPER to require the student-athlete to repay all or part of the insurance premium provided by Stanford.

If repayment is required by Stanford, the student-athlete must repay the premium provided by Stanford within one year of the date funding was provided. The student-athlete agrees that if Stanford is required to pursue legal action to recover the premium, Stanford shall be entitled to recover its reasonable legal fees and costs in addition to recovery of the premium.



Coverage Provided by Stanford

If the student-athlete meets the institutional criteria established in this document to be considered for institutional funding, the student-athlete must work cooperatively with Stanford's Athletics Compliance Office, specifically, their sport's compliance staff liaison, to provide the information necessary to obtain a quote from the NCAA Exceptional Student-Athlete Disability Insurance Program ("NCAA ESDI Program"), and more specifically the NCAA ESDI Program's insurance provider, Tokio Marine HCC, to determine eligibility for coverage.

- For a student-athlete who qualifies for coverage through the NCAA ESDI Program, DAPER will provide coverage, at no additional cost to the student-athlete, for a premium that allows up to \$3,000,000 PTD policy as quoted by Tokio Marine HCC.
- For all other student-athletes not covered by the NCAA ESDI Program, those who have shown significant earnings potential as a professional athlete and who qualify for a PTD policy through Tokio Marine HCC, DAPER will provide coverage at no additional cost to the student-athlete, for a premium that allows up to \$3,000,000 PTD policy as quoted by Tokio Marine HCC.

If the student-athlete prefers a different insurance carrier, the student-athlete must provide their compliance staff liaison with the quoted coverage and premium from the insurance provider of choice. Stanford will pay the premium up to the amount quoted by Tokio Marine HCC, and based on the coverage levels authorized in this policy.



Institutional Funding Deadlines

To request a determination of eligibility for coverage, the student-athlete must submit their written request [via email] to their sport's compliance staff liaison by the deadlines outlined below.

All Sports

- A determination of eligibility for coverage may be made as early as August 1 but no later than three weeks (21 days) prior to the first contest of their sport's championship segment.
- If the student-athlete is found to be eligible for coverage, the student-athlete must finalize coverage prior to the first contest of their sport's championship segment.
- A student-athlete who enrolls at midyear and participates in a sport whose championship segment occurs during the winter or spring quarter has 30 days from initial full-time enrollment to request a determination of eligibility for coverage and if eligible, to execute coverage.

The Compliance Services Office considers coverage to be finalized once the student-athlete provides their compliance staff liaison with a signed copy of their fully executed insurance policy.

Barring exceptional circumstances documented in writing and approved by the Compliance Services Office, if a student-athlete fails to meet the institutional funding deadlines, DAPER will cover at most half of the premium for \$3,000,000 PTD policy as quoted by Tokio Marine HCC.

Any requests for exceptions to this policy, including requests for coverage beyond the stated amounts, or requests submitted after the deadline, must be reviewed and approved by the Student-Athlete Insurance Review Committee.



Permissible Elite International Competition and National Team Events

Stanford Athletics (“DAPER”) may utilize institutional funds, under the conditions outlined in the National Team Participation & Expense Policy to enable student-athletes to receive reimbursement, up to \$5,000 per year, for their participation in elite international competition and national team events that are certified by Compliance Services as being NCAA compliant.

**[CLICK HERE TO VIEW THE
National Team Participation & Expense Policy](#)**

Questions?

Contact your sport’s compliance liaison.

A red-tinted photograph of a university courtyard. In the background, a long building with a tiled roof and several arches is visible. Palm trees are situated behind the building. In the foreground, a large field of orange flowers is in bloom. The text "FINANCIAL AID" is centered in the middle of the image.

FINANCIAL AID



Purpose: Student Services is comprised of the Compliance Services Office and DASH. These groups serve to assist student-athletes in their academic and athletic pursuits during their time as a student-athlete.

Contact Information:

Jacquelyn Kulgevich – Executive Associate Athletics Director, Student-Athlete Success
juduysen@stanford.edu (925) 212-3988

Compliance Services:

Ted Seilheimer – Associate Athletics Director, Compliance Services
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Sports: Baseball, Women's Golf, Football

Caitlyn Francis – Director, Compliance Services
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Sports: Football, Men's Swimming & Diving, Men's Tennis,

Ryan Jordan – Director, Compliance Services
rjordan1@stanford.edu
Sports: Men's Basketball, Men's Gymnastics, Women's Tennis, Women's Swimming & Diving,

Davis Ryan – Assistant Director, Compliance Services
dwryan@stanford.edu
Sports: Men's Golf, Men's Soccer, Women's Lacrosse, Co-ed Sailing, Women's Sailing, Women's Volleyball

TJ Bleichner – Assistant Director, Compliance Services
tjbleich@stanford.edu
Sports: Women's Beach Volleyball, Men's Fencing, Women's Fencing, Women's Lightweight Rowing, Women's Open Weight Rowing, Women's Soccer, Softball

Desiree Stinger – Assistant Director, Compliance Services
dstinger@stanford.edu
Sports: Women's Basketball, Men's Cross Country, Women's Cross Country, Men's Track & Field (Indoor & Outdoor), Women's Track & Field (Indoor & Outdoor), Women's Squash, Men's Water Polo, Men's Wrestling

Alesha Blair – Assistant Director, Compliance Services
abh7@stanford.edu
Sports: Artistic Swimming, Field Hockey, Women's Gymnastics, Men's Rowing, Men's Volleyball, Women's Water Polo



Stanford's commitment to its student-athletes on athletics scholarship is to provide support that will enable each student to complete their undergraduate degree in four years. Post-eligibility aid is not guaranteed for any student without prior written approval from the Director of Athletics.

Under NCAA rules, an athletic scholarship consists of the following items: books, tuition, standard room and board, fees, and allowances for supplies, personal expenses, and travel. An athletic scholarship cannot exceed the institutional Cost of Attendance value. 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 (some exceptions may apply), with the scholarship potentially extending up to four academic years.

Multi-Year Scholarship Agreements

Athletic scholarships may be awarded for multiple years, with varying scholarship percentages provided each year. If a student-athlete is offered an athletic scholarship during his/her/their initial year of enrollment at Stanford, the athletic scholarship agreement must be a multi-year agreement. To have a valid multi-year agreement, the student-athlete must receive athletic aid in the first year of the agreement (example of a valid multi-year agreement: Year 1 scholarship is 20%, Year 2 scholarship is 50%, Year 3 scholarship is 0%, and Year 4 scholarship is 0%).

If a student-athlete is recommended by the head coach for a multi-year athletic scholarship and the recommendation is approved by the Athletic Director, a letter of recommendation is sent by the Compliance Services Office to the Financial Aid Office for processing.

Single-Year Scholarship Agreements

If a student-athlete does not receive athletic aid during his/her/their initial year of enrollment at Stanford, a single-year agreement may be extended. Athletic scholarships awarded for a minimum period of one academic year may be renewed at the discretion of the head coach.

If a student-athlete is recommended by the head coach for a one-year athletic scholarship and the recommendation is approved by the Athletic Director, a letter of recommendation is sent by the Compliance Services Office to the Financial Aid Office for processing.

In subsequent academic years, each student who received an athletics scholarship for the previous year must be notified by the Financial Aid Office on or before July 1st about the renewal status of the scholarship for the following academic year. If the athletic scholarship is not recommended for renewal, the Financial Aid Office will offer each student an opportunity for a hearing to appeal this decision to a University Financial Aid Committee.

Please contact either your head coach or the Compliance Services Office if you have any athletic scholarship questions.



Cancellation or Reduction of Athletic Aid

The following conditions may cause an athletic scholarship to be reduced or cancelled during the term of the grant:

- An individual becomes ineligible for intercollegiate competition by:
 - Failing to make satisfactory academic progress in the course of study;
 - Using illegal drugs or NCAA banned substances;
 - Failing to pay University financial obligations;
 - Violating written team rules (subject to appeal, see below).
- Information on the admission application, financial aid agreement, Letter of Intent, or NCAA Student-Athlete Statement was misrepresented by the student.
- The student engaged in misconduct and is placed on probation by the regular student disciplinary authority which prohibits participation in athletics.
- The student 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.
- If the student-athlete is an undergraduate 4-4 transfer, athletic aid may only be reduced or cancelled for reasons permitted by the NCAA including transfer to another institution, loss of amateur status, as a result of an institutional disciplinary proceeding, or by failing to meet transfer status conditions.

A request for an appeal may be made to the FAR if an athletic scholarship is cancelled or reduced for any reason. The following conditions cannot be used as reasons to reduce or cancel your athletic scholarship during its term: illness or injury which prevents participation, and athletic ability, performance, or contribution to a team's success.

Mid-Quarter Withdrawals from Stanford and Athletic Aid

Should a student-athlete on athletic aid elect to withdraw from Stanford during the middle of a quarter (i.e., anytime after athletic aid has already been dispersed onto the student-athlete's account), DAPER will be required to remove the athletic aid that has been placed on the student-athlete's account for the quarter. This is required per NCAA rules, as allowing the student-athlete to retain athletic aid despite not being enrolled in the university would constitute a NCAA violation.

Student-athletes withdrawing mid-quarter will be required to pay all fees associated with their time at Stanford prior to withdrawal. Such expenses may include, but is not limited to: prorated housing and dining charges for time occupying a dorm prior to the withdrawal, repayment of the quarterly athletic stipend intended to cover costs associated with being enrolled at Stanford, etc. The Compliance Services Office can answer questions about the impact of this policy should a student-athlete consider withdrawal from Stanford mid-quarter.



University Financial Aid

Student-athletes are encouraged to apply for the Federal Pell Grant and other financial assistance. The Financial Aid Office has information on the Pell Grant application. The Pell Grant is awarded on the basis of a family's financial situation, can range in value from \$700 to over \$7,395 for an academic year, and does not count towards any NCAA limits. The actual amount of the Pell Grant stipend will be determined by the Financial Aid Office.

University need-based aid is generally awarded at the same approximate amount on an annual basis for four years or 12 quarters, unless there is a significant change in the student's financial situation. University aid after 12 quarters is not guaranteed and must be petitioned for on an individual basis with the Financial Aid Office.

Please note, other forms of financial aid is limited for those students who are receiving athletically-related financial aid. There are individual and team limits imposed by the NCAA that may require limited use of other aid sources. The Financial Aid Office is responsible for making necessary adjustments to ensure compliance with NCAA individual financial aid limitations. Receiving excessive aid can result in student-athlete being declared ineligible for competition, or can create penalties for your team.

Non-Stanford Scholarships

The type and/or amount of non-Stanford scholarships that may be received by a student-athlete is also governed by NCAA rules. Non-Stanford scholarships are funds given to a student-athlete by sources other than the Athletics Department, the University, Government Grants/Loans, or someone upon whom you are naturally or legally dependent. The NCAA rules apply whether or not one is receiving an athletic scholarship.

A student-athlete questionnaire will be distributed each year (usually prior to a team's eligibility meeting) with one portion seeking information about any non-Stanford scholarships that are being received, or are expected during the year. Additionally, the Compliance Services Office must be notified of any unexpected scholarships, which develop during the year. The information provided should include both scholarships sent through the University and those that are received directly.

After submitting proper aid information to the Stanford Financial Aid Office and the Athletic Department, it is your responsibility to make sure both offices are promptly informed of any changes. Because the financial aid package of those receiving need-based aid is impacted by expected non-Stanford scholarships, it is also in your best interest to alert the Financial Aid Office and the Athletic Department if expected scholarships do not develop as planned since this could result in positive adjustments in other aid components. Please contact the Compliance Services Office with any questions about outside scholarships and awards.



Stipend Checks

Student-athletes who receive athletic scholarship aid may receive a portion of their scholarship in a quarterly stipend check.

Who receives a stipend?

Stipend checks are issued when the amount of a scholarship exceeds the charges from Student Financial Services. A full scholarship athlete living off-campus, without a meal plan, for example, will receive a stipend check.

Additional examples:

- Upperclassmen who live off-campus receive stipend checks for the full value of room and board costs each quarter
- Anyone who has a housing assignment that does not require a university meal plan will receive a stipend check for the value of the university meal plan
- Freshmen receiving a full scholarship who paid the \$200 “freshman deposit” will have this amount applied to their bill or refunded to them depending on charges incurred throughout the academic year

How can one determine if a stipend has been issued?

Student accounts on AXESS will indicate if a stipend check has been issued. If an amount is listed in a student account under the item “Refund/Stipend check,” a check has either been mailed or deposited to the checking account of those who enrolled in the “direct deposit” program.

When are stipends available?

Stipend checks are generated after the first day of registration at the beginning of each quarter provided a study list has been filed, the student account has been cleared, and there are no other “holds” on the account.

Your University Bill

Make sure to review your university bill! If you have any questions about athletically related aid, please bring your bill to the Compliance Services Office for review. It is important to review your bill on a consistent basis to ensure you are not charged late fees for unpaid bills, such as parking tickets, cable fees, etc.



How do I receive a stipend?

Stipend checks are mailed from the Student Services Center (Tresidder) to the mailing address on record in AXESS. Be sure to confirm that the address listed on AXESS is the address to which University mail should be sent.

Enrollment in the Direct Deposit program is also available on axess.stanford.edu and is the recommended option by the Athletic Department. Participation in this program will result in stipend checks and any other university refunds or reimbursements being sent directly to the appropriate checking account.

What could prevent a stipend from being issued?

Any “hold” placed on the student account will prevent scholarship aid from being posted to the account. If a hold exists, for example, that prevents registration for that quarter, scholarship aid cannot be posted to the account, but tuition charges will appear. A stipend check cannot be issued until the scholarship aid is posted to the account.

What do I do if I think my stipend amount is incorrect?

If the amount of a stipend check seems incorrect, please contact the Compliance Services Office so that appropriate adjustments can be made. Remember, however, that the university computer system occasionally may generate a stipend check in error due to the timing of adjustments, which could result in a false “balance due to the University”. If you have any questions about your athletically related financial aid, please visit the Compliance Services Office.



All student-athletes receiving any amount of an athletic scholarship have their required textbooks paid for by the Athletic Department. The NCAA permits athletic scholarship funds to cover the actual cost of required course-related textbooks only. Instructions for student-athletes receiving athletic scholarship aid to obtain their textbooks are as follows:

1. Register for courses by the deadline for bookstore pickup (quarterly deadlines will be communicated out by the Compliance Services Office).
2. If you registered prior to the deadline, your books will be packaged and available for pickup at the downstairs desk in the Stanford Bookstore on the day before the first day of the quarter. Pre-packaged textbooks must be picked up by the second Friday in the quarter, or the textbooks will be returned to the bookstore inventory.
3. If you did not register for courses by the deadline, add a course after the deadline, or are simply missing a textbook, the required book(s) may be purchased through the bookstore's website. After adding any required books to your shopping cart, proceed to check-out and select "Bookstore Charge Account" as your payment method. You must enter your student ID and omit all zeros at the start of your ID number.
4. If you receive non-required textbooks (including recommended, suggested textbooks), or drop a course after receiving your textbooks, you are required return the materials to the Bookstore, otherwise your Axess bill could be charged for the value of those books. Be sure to receive a receipt as proof of the returned materials.
5. If required course-related textbooks/course readers are not sold at the Bookstore, you may pay for the book/reader from a different vendor. After your purchase, please submit the Textbook Reimbursement workflow on ARMS and included all required documentation (receipt(s), course syllabus). Textbook reimbursements will be processed after the add/drop period each term. Reimbursements will be sent via direct deposit through your AXESS account.
6. A student-athlete may be reimbursed for course-required materials other than textbooks if the class is a required course in the student-athlete's degree program (not an elective course). If the item is available for rent (e.g., a musical instrument, camera), Stanford will only reimburse the student-athlete for the rental cost.
7. Textbook transactions will be audited each quarter against the Bookstore's required textbook report and your study list. Any discrepancies could result in your being ineligible for practice or competition, having to repay the Athletic Department for the cost of the books, or having your athletic scholarship reduced or cancelled.

Textbook Reminders

- If a class is dropped, the textbooks must be returned to the Bookstore by the textbook return deadline each quarter.
 - If the textbooks are not returned by that date the cost of the books must be repaid to Stanford.
- Textbooks purchased online will be reimbursed at the cost of the textbook only – shipping & handling fees are not reimbursable.
- For questions regarding Stanford's textbook policies and procedures, please contact the Compliance Services Office.



The Student Assistance Fund (SAF) was established by the NCAA as a means to provide additional financial resources to student athletes. For intents and purposes of this policy, “student-athlete” is triggered upon enrollment at Stanford or upon participation in required team athletic activities, whichever is earlier. The fund is intended to provide direct benefits to student-athletes and their families. The funds will be used to assist student-athletes in meeting financial needs that arise in conjunction with participation in intercollegiate athletics, enrollment in academic curriculum, or that recognize academic achievement.

Student-Athletes Eligible to Apply for SAF

All Stanford student-athletes participating on varsity sport programs, including international student-athletes, are eligible to receive SAF benefits, regardless of whether or not they are receiving athletic aid, have demonstrated need, have exhausted their eligibility, or no longer are able to participate due to medical reasons.

To receive SAF, all student-athletes must be in good standing with the University and the Athletics Department.

SAF Usage

DAPER has identified the following areas that will receive funding from the SAF:

- Academic Support Services
- Academic Tutoring
- Disability, Loss of Value/Critical Injury Insurance
- Emergency Travel
- Health Insurance for Pell Recipients
- International Taxes
- Medically-Related Golf Cart Rentals
- Stolen Personal Property

Criteria for Distribution of Funds

- Disability and Loss of Value/Critical Injury Insurance – Qualifying elite student-athletes may receive funding for disability and/or loss of value/critical injury insurance in accordance with the criteria established in the Disability Insurance Policy outlined in this document.
- Emergency Travel – Student-athletes may receive up to \$1,000 in reimbursements to assist with either:
 - Expenses associated with parents to travel to campus (or other site of injury in conjunction with an away-from-home contest) for a student-athlete’s emergency surgery; or
 - Expenses associated with a student-athlete’s return home (or alternative location) for a family illness or death (i.e.,⁵⁸ funeral).



- [Health Insurance for Pell Recipients](#) – Domestic student-athletes may receive funding to cover costs associated with obtaining required health insurance in accordance with their financial aid award, as determined by Federal guidelines.
- [International Taxes](#) – International student-athletes may receive funding to cover tax charges (includes gross tax) resulting from the receipt of athletics financial aid.
- [Medically-Related Golf Cart Rental](#) – Student-athletes may receive a reimbursement to assist in covering costs associated with medically necessitated golf cart rental due to injury/illness.
- [Stolen Personal Property](#) – Student-athletes may receive a subsidy up to \$300.00 to assist in covering costs associated with the replacement of property stolen in conjunction with required team activities. Pell grant recipients are eligible for an additional \$200.00. Reimbursable items are limited to the following: Laptop; cell phone; tablet; bike/e-bike; scooter. A police report and proof of purchase for the property replacement are required for reimbursement. This policy does not cover items stolen or damaged as a result of negligence.

Requesting SAF from DAPER

To request funds, student-athletes must complete and sign a SAF Request form in ARMS.

- [Reimbursements \(Emergency Travel, Golf-Carts\):](#)
 - Reimbursement requires original receipts.
 - Online purchases require the order showing the cost, the packing list verifying receipt and proof-of-payment from a credit card or check card statement.
 - For air travel reimbursement, a student-athlete must submit (1) the original receipt and (2) the flight boarding passes. Emergency travel has the same requirements as flight travel and may require other documentation related to the emergency.
 - For golf cart reimbursement, a student-athlete must submit (1) the original invoice and (2) proof of payment.
 - If reimbursement causes significant financial hardship for the student-athlete, please reach out to Compliance to determine alternative payment options.
 - Receipts must be for expenses incurred during the academic year (not during the summer).
 - Reimbursement for SAF will continue through the year until the last week of classes in spring quarter. No reimbursements from the SAF will occur after the deadline.
 - Student Assistance Fund (SAF) reimbursement is posted directly to the individual student account.
- [Direct Payment \(Disability/LOV/CI Insurance, Health Insurance, International Taxes\):](#)
 - Student Assistance Fund payments for health insurance and international taxes will be posted directly to the individual student-athlete Axxess account.
 - For disability/loss of value/critical injury insurance, Compliance will work with Accounting and Finance to process payment directly to the insurer.



Beginning August 1, 2024, the NCAA now requires institutions to provide degree completion funding covering the cost of tuition, books, and fees to former student-athletes who meet certain qualifications (listed below) and received athletically-related financial aid during their time at Stanford in a head count sport or whose athletic scholarship covered the full value of tuition, fees, room, board, and required course-related books in a regular term at the institution. Former Stanford student-athletes who exhausted eligibility prior to earning their first bachelor's degree, meet the NCAA's requirements, and successfully apply for degree completion funding in accordance with application requirements set forth by the AARC shall receive such funding.

NCAA Degree Completion Aid Criteria

- Fewer than 10 years have elapsed since the former student-athlete's departure from the institution;
- The former student-athlete's most recent enrollment as a full-time student occurred at the institution;
- The former student-athlete was previously enrolled as a full-time student at the institution for a minimum of two academic years (four semesters or six quarters);
- The former student-athlete meets all institutional admissions and financial aid requirements;
- The former student-athlete has exhausted other available degree completion funding options (e.g., funds from a professional league or contract); and
- The former student-athlete is in good academic standing at the institution and meets NCAA and institutional progress-toward-degree requirements. This requirement applies to initial and continuing eligibility for degree completion funds.

In addition to the NCAA required degree completion awards, Stanford also provides athletic scholarship aid for a small number of seniors whose eligibility is exhausted, but who require more additional time to complete their undergraduate degree course work. Such post-eligibility scholarships are not guaranteed for any student. Scholarships are granted when funding is available and are awarded by the Director of Athletics after reviewing all applications submitted prior to a given term. Student-athletes who received any amount of athletically-related financial aid while enrolled at Stanford may apply, including those who automatically qualify for the NCAA's degree completion scholarship. Stanford's post-eligibility scholarship will cover charges for:

- Tuition
- Required fees
- Textbooks
- Housing, and
- Dining

Post-eligibility aid will not include the Cost of Attendance stipend or the travel stipend.



Stanford Post-Eligibility Aid Criteria

- The student-athlete received athletic scholarship aid in a given year during his/her/their initial four years of collegiate enrollment at Stanford.
- The student-athlete is taking classes at Stanford (or through a Stanford program).
- The student-athlete has exhausted their NCAA eligibility at Stanford and has not received more than five years of athletic aid.
- The student-athlete is completing undergraduate degree course work and has satisfactorily fulfilled all team obligations.
- The student-athlete's completed application requirements (as set forth by the AARC) must be received by the deadline (6 weeks prior to the start of the quarter)..

Important Notes

- Post Eligibility Aid cannot be awarded by a coach.
- Students must still apply for housing on their own. Stanford only guarantees on-campus housing for four years. DAPER recommends student-athletes wishing to live on-campus beyond year four still apply by the housing deadline; availability is at the discretion of Stanford housing.
- Students must maintain NCAA, conference, and Institutional requirements while on athletic aid. Not adhering to these requirements may affect future aid.
- Post-Eligibility Aid is only offered to students up until 10 years past the original departure date from the institution.
- Students returning from leave (for professional, personal, or academic suspension reasons) and requesting aid for a particular quarter must notify their AARC Advisor or Athletics Compliance liaison at least 6 weeks prior to the start of the quarter to request aid.
- If a professional athlete, student must research and request funds from overhead organization prior to requesting aid from Stanford.
- Students must submit the Post-Eligibility Application, which includes unofficial transcript, degree progress report, and a meeting with AARC Advisor. Please email these documents to your AARC Advisor.
- Upon approval of aid, Stanford Athletics will issue an Aid Agreement. By signing this agreement, students must adhere to the terms of the aid. Should student not adhere to terms, it may affect aid for future quarters.



Stanford awards athletic scholarship aid for summer school to a small number of student-athletes. **Summer school is not guaranteed for any student, including football and basketball student-athletes**, and aid awards are granted only when the necessary funding is available and all application requirements have been met.

Criteria

1. The student-athlete received athletic scholarship aid in the academic year immediately preceding the summer session.
2. The student-athlete is taking classes that are degree applicable, excluding activity units.
3. The student-athlete's completed application and required information was received by the published deadline.
4. The athletic aid awarded can only be used for courses taken at Stanford University.
5. The request will be evaluated using the following criteria:
 - units are needed to meet eligibility requirements
 - the courses are needed to graduate at the end of the summer
 - the courses are an integral part of a four-year graduation plan
 - the courses are mandatory classes that cannot be scheduled during an academic year quarter because of sport requirements
 - the student needs to be enrolled in summer school to take part in NCAA required summer workouts
 - extenuating circumstances will be considered on a case-by-case basis.

How to Apply For Summer School Athletic Aid

The student-athlete must submit a request for summer aid in accordance with published application requirements and deadlines coordinated by the AARC Undergraduate Advising Directors (UAD's). Information regarding summer school athletic aid and application deadlines will be published during the winter quarter each academic year.

All summer school requests are collected and evaluated by the Undergraduate Advising Director for academic requirements, and then submitted to the Associate Athletic Director for Compliance Services and the Associate Dean for Academic Advising for final review and approval.

If summer school aid is approved, the following conditions apply:

1. The student-athlete must be enrolled in classes that are degree applicable, excluding activity units. Aid is not available for activity units (e.g., yoga, golf, etc.) during the summer.
2. Summer school aid covers charges for tuition, required fees and textbooks, and room & board. The amount of summer school aid should equal the percentage of athletic aid the student-athlete received in the preceding academic year. In the event that the student-athlete signed a combination award, including both athletics aid and need-based aid, the amount of summer school aid cannot exceed the percentage of athletic aid the student-athlete was scheduled to receive at the time of the need-based aid award determination.



3. If the student-athlete does not receive a passing grade in a course(s) the student will be required to provide a letter of explanation. The department reserves the right to assess a penalty, up to and including required reimbursement by the student-athlete for any summer units not passed. Any units taken over the approved unit amount must be paid for by the student-athlete.
4. A student-athlete is expected to communicate with their compliance liaison and UAD if they do not intend to enroll in some or all of the units they were approved to enroll in. Any changes to the units or courses listed on the student-athlete's application must be pre-approved by a UAD and Athletic Administration.
5. Stanford's Department of Athletics, Physical Education and Recreation (DAPER) prohibits active student-athletes and recipients of 5th year aid from residing in the home of, or entering into a rental agreement, with a representative of athletics interest.
If living off-campus, a lease that includes rental costs and landlord must be submitted to Compliance Services for approval prior to entering into housing agreement.
6. Student-athlete must enroll in approved courses by the stated deadline in order for aid to be applied on time and when applicable, to receive stipend check on time.
7. Student-athletes approved for summer school who subsequently enter the transfer portal or whose roster status changes (i.e. inactive, quit/cut, otherwise removed from the team) may have summer aid rescinded at the sole discretion of DAPER.

Summer School Athletic Aid Reminders

- Summer school aid cannot be awarded by a coach. You must submit a written application prior to the deadline to have your request considered. No coach or team staff can guarantee summer aid.
- Summer school aid is not guaranteed for football, mens' basketball, or women's basketball student-athletes who intend to take part in required summer workouts with their teams.
- If the student-athlete does not receive a passing grade for a class(es), he/she/they will be required to provide a written explanation to the Athletic Department and may forfeit the opportunity to receive summer athletic aid in the future.



Periodically, a current Stanford student-athlete may be deemed as unable to participate further in intercollegiate sports due to an injury or illness. This situation is commonly referred to as “medical disqualification.”

The Stanford sports medicine staff determines if a student-athlete has suffered an injury or has an injury or illness which prevents further participation in any collegiate sport because of its incapacitating nature. If the sports medicine staff decides that a student is “medically disqualified,” the student-athlete is not able to participate in any varsity sports for the remainder of their time at Stanford.

Student-athletes who are receiving athletic aid but are deemed medically disqualified due to an athletically related injury sustained while a student-athlete at Stanford will continue to receive aid (subject to all provisions of the aid agreement and Athletic Department policies), typically through the fourth year of collegiate enrollment; however, the student-athlete will be a part of the same annual renewal process as with all other student-athletes who receive athletic aid. Also, the student will need to meet the following conditions:

- The student-athlete is required to maintain the minimum enrollment requirements mandated by the NCAA. He/she/they must be enrolled in a minimum of 12 units for each quarter with the exception of the last quarter of collegiate enrollment.
- The student-athlete is required to remain NCAA eligible throughout the duration of the award.
- The student-athlete is required to continue to stay within the individual limits of financial aid according to the NCAA.
- If the student-athlete qualifies for reduced tuition through the Registrar’s Office, he/she/they must complete the appropriate application.



If you are planning to study and/or train abroad, please visit the Compliance Services Office in advance of leaving campus. Due to the unique athletic systems overseas and strict NCAA regulations regarding professional teams, it is important to work proactively with the Compliance Services Office to ensure you are eligible to return to your Stanford team when you arrive back on campus. If you receive an athletic scholarship, please review the following reminders about studying overseas:

- **Stanford Program:** If you are studying abroad in a Stanford program of studies you may be eligible to receive your athletic scholarship, as long as you obtain the approval of the head coach and the director of athletics.
- **Non-Stanford-Program:** Student-athletes studying abroad in a program not directly affiliated with Stanford University are NOT eligible for financial aid or an athletic scholarship.



Any student-athlete receiving an athletic scholarship of at least 25% or institutional need-based aid who is not already receiving athletic aid or outside awards that fulfills their Student Responsibility*, may be eligible to receive up to \$5,980 from DAPER, provided they meet the academic and roster requirements below:

Academic Requirements

- Pass 6 units the preceding regular academic quarter (not summer) or meet an exception to full-time enrollment and pass all units attempted (if enrolled in 6 units or less); and
- Earn a cumulative GPA of 2.00 or higher (aligning with the University's good academic standing GPA requirement)

Roster Requirements

- Student-athlete must be on the team roster and participating with their sport program (or meeting an exception to participation such as medical non-counter, exhausted eligibility, graduating and not transferring to play elsewhere) for the duration of the respective quarter
- Student-athletes who enter their name into the NCAA Transfer Portal as undergraduate transfers will lose access to Alston funding starting the quarter immediately following their entry into the NCAA Transfer Portal

The Compliance Office reserves the discretion to determine when a student is already receiving aid intended to cover their student responsibility. Each student-athlete's aid situation is fact-specific. The Compliance Office is responsible for implementing this policy and for determining student-athlete eligibility. All discussions about Alston eligibility must involve the Compliance Office.

**Per Stanford Financial Aid Office policy, any student receiving institutional need-based aid is expected to earn academic year and summer wages, a minimum of \$5,980 per year, to help offset a portion of the costs to attend Stanford. In certain situations a student-athlete is already receiving athletic aid or other outside awards which covers their student responsibility, and, in those situations, the student-athlete is not eligible for any Alston funds.*

NCAA Rules

NCAA rules allow conferences and institutions to provide the educational benefits specified in Alston to student-athletes in all sports, up to the maximum value of awards an individual student-athlete could receive in an academic year in participation, championship and special achievement awards (combined).

General Application

- Eligible student-athlete may receive up to \$1,994 per quarter during the regular academic year (fall, winter, and spring quarters).
- Alston funds for need-based aid recipients shall be distributed during the applicable term after eligibility to receive the disbursement has been confirmed.
- Alston funds for athletic scholarship recipients shall be distributed the following term after eligibility has been confirmed.
- If circumstances change and a student-athlete no longer meets the requirements to receive Alston funds there is no opportunity for appeal but the student-athlete should discuss their situation with their Compliance Services sport liaison.



Examples Applying Stanford's Policy - Need Based Aid Recipients

Each student-athlete's circumstances will determine eligibility for Alston funds. These examples are intended to be educational, not determinative of whether an individual will receive Alston funds in 2024-25. The Compliance Office will independently review every scenario prior to disbursement.

Student-Athletes Receiving Need-Based Aid and No Athletically Related Aid or Outside Awards

- A student-athlete receiving need-based aid who is not receiving any athletically related aid or outside awards in the academic year is eligible to receive up to \$5,980 in Alston funds to cover (but not to exceed) the standard work expectation contribution amount tied to the receipt of university need-based aid funds. The Alston funds will be distributed in equal amounts during the fall, winter, and spring quarters (e.g., max \$1,994 each term).

Student-Athletes Receiving Need-Based Aid and Less Than \$5,980 in Athletically Related Aid and Outside Awards

- A student-athlete receiving need-based aid and less than \$5,980 of athletically related aid/outside awards/institutional stipends in the academic year is eligible to receive up to the difference between the athletics aid award/outside awards and the student-athlete's individual student responsibility amount, not to exceed \$5,980 in Alston funds to cover the remaining balance of the standard work expectation contribution amount tied to the receipt of university need-based aid funds. The Alston funds will be distributed in equal amounts during the fall, winter, and spring quarters (i.e., a third of the total eligible Alston funds each term).
- Example: Student-athlete is receiving 1% athletic aid (~\$800) and a \$1,500 research stipend during 2024-25. The student-athlete qualifies for institutional need based aid and their student-contribution amount is \$5,000. How much Alston does the student-athlete qualify for?
 - This student-athlete qualifies for \$2,700 in Alston funding (\$5,000 student contribution amount minus \$800 athletic scholarship and \$1,500 research stipend).

Student-Athletes Not Receiving Need-Based Aid or Whose Total of Athletically Related Aid and Outside Awards is \$5,980 or more

- A student-athlete who either does not receive need-based aid or whose total of athletically related aid and outside awards is greater than or equal to their Student Responsibility expectation as contemplated in their need-based aid award is not eligible to receive Alston funds.
- Exception: Co-term students in their 5th year who are no longer eligible for undergraduate need-based scholarship because they are considered graduate students, may still be eligible for up to \$5,980 in Alston funds if they received need-based scholarship funds in the previous academic year and still demonstrate need by completing the FAFSA and Stanford's Graduate Student Loan Application.

Terms Defined

Outside awards: Scholarships and other forms of financial aid awarded by entities independently of Stanford.

Additional Resources

[Stanford Need-Based Aid](#)



Examples Applying Stanford's Policy - Athletic Scholarship Recipients

Each student-athlete's circumstances will determine eligibility for Alston funds. These examples are intended to be educational, not determinative of whether an individual will receive Alston funds in 2024-25. The Compliance Office will independently review every scenario prior to disbursement.

Student-Athletes Receiving Greater than 25% Athletic Scholarship, But Fail to Meet Academic Benchmarks During an Academic Term

A student-athlete receiving an athletic scholarship of greater than 25% enrolls in 12 units in Fall quarter and receives passing grades in all 12 units. However, the student-athlete's cumulative GPA was only a 1.9. Despite meeting the requirement to pass 6 units in Fall, because the student-athlete did not have the requisite cumulative GPA of 2.0 or higher, the student-athlete does not receive their Alston distribution during the Winter term.

In the following Winter quarter, the same student-athlete enrolls in 12 units and passes all 12 units, with a term GPA of 3.0 raising the cumulative GPA above a 2.0. The student-athlete is eligible following the Winter quarter to receive Alston. However, the student-athlete will only receive \$1,994 for that term; the Alston funds from Fall quarter cannot be earned in later quarters.



NCAA RULES AND REGULATIONS



Purpose: Student Services is comprised of the Compliance Services Office and DASH. These groups serve to assist student-athletes in their academic and athletic pursuits during their time as a student-athlete.

Contact Information:

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Sports: Women's Basketball, Men's Cross Country, Women's Cross Country, Men's Track & Field (Indoor & Outdoor), Women's Track & Field (Indoor & Outdoor), Women's Squash, Men's Water Polo, Men's Wrestling

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Stanford University Commitment to NCAA Regulations

Every student-athlete is subject to NCAA, Conference, and Stanford University rules and requirements that can affect your collegiate eligibility. These policies, some of which are outlined in this section, may change on a yearly basis. The Athletic Department's Compliance Services Office will meet with you in the fall to discuss NCAA rules and regulations and share updates and reminders throughout the year. It is your responsibility to be knowledgeable of the rules and regulations, and to know when to ask before you act.

Stanford is charged with following the rules and regulations set forth by the NCAA and the Conference. Specifically, the NCAA constitution provides that each institution shall be responsible for:

- Controlling its intercollegiate athletics program in compliance with NCAA rules and regulations;
- Monitoring its programs to ensure compliance, identifying and reporting to the NCAA instances in which compliance has not been achieved, and taking appropriate corrective measures; and
- Ensuring that members of the institution's staff, student-athletes, and other individuals or groups representing the institution's athletics interests comply with all applicable NCAA rules.

All individuals associated with DAPER (coaches, staff, student-athletes, donors, alumni, former student-athletes, etc.) must act with honesty and sportsmanship at all times. Failure to do so is considered "unethical conduct."

Unethical conduct is a serious charge and can be cited due to a number of reasons, not limited to the following: refusal to furnish information relevant to a possible NCAA violation, providing misleading information, knowingly arranging for or providing fraudulent academic credit for a prospective or enrolled student-athlete, knowingly providing a prospect (e.g., recruit) or enrolled student-athlete with extra benefits, or knowingly furnishing false or misleading information during an NCAA investigation.

PROCESS FOR REPORTING POTENTIAL VIOLATIONS



If you, or a teammate, believe a potential violation may have occurred, it is your responsibility to report the violation to your sport administrator, Faculty Athletics Representative, Athletic Department Legal Counsel, Athletics Director, Institutional Compliance Hotline, a Compliance Services staff member, or your coach as soon as possible. The Compliance Services staff will review the situation to determine if a NCAA or conference violation has occurred, and, if so, the appropriate action steps.

Below are the general steps followed in regard to a potential NCAA violation:

1. Potential violations are reported to the head of Compliance Services, who reports it to the sport's administrator or manager.
2. Compliance Services conducts the preliminary inquiry or, when appropriate, seeks assistance from the sport administrator and/or outside party to conduct the inquiry.

Level I/Level II Violations

Below are the general steps followed in regard to a potential Level I or Level II NCAA violation:

1. After conducting a preliminary inquiry and it is determined to likely be a Level I or Level II violation, Compliance Services, along with consultation by the Executive Associate Athletics Director for Student-Athlete Success or the Director of Athletics, determines who is best to conduct the investigation.
2. The Director of Athletics notifies the Provost's Office for an outside review when deemed necessary.
3. For violations when a student-athlete's eligibility is affected, a reinstatement request is prepared by the Compliance Services Office and submitted to the NCAA for approval.
4. Once the investigation is complete, notes are reviewed and a draft of the violation report is prepared by the head of Compliance Services.
5. The completed violation report is provided to the NCAA.

Level III Violations

Below are the general steps followed in regard to a potential Level III NCAA or Conference violation:

1. If it is determined to likely be a Level III violation, Compliance Services determines who within the Compliance Services Office is best to conduct the investigation.
2. For violations when a student-athlete's eligibility is affected, a reinstatement request is prepared by the Compliance Services Office and submitted to the NCAA for approval.
3. Once the investigation is complete, notes are reviewed and a draft of the violation report is prepared by the applicable Compliance Services Office staff member.
4. The FAR is notified of the violation.
5. The completed violation report is provided to the NCAA.



Ask Before You Act!

The easiest way to avoid an NCAA rules violation is to ask a coach or staff member before you enter into any situation or accept any sort of potential benefit. Involvement in a rules violation can have serious effects on your eligibility to practice, compete, or receive an athletic scholarship. Protect yourself and your team by talking to your coaches, sport administrator, or Compliance Services whenever a question arises.

Anonymous Reporting

Concerns may be reported confidentially, and even anonymously, although the more information given, the easier it is to investigate the concerns. If you would like to anonymously report a violation of NCAA rules, Stanford policy, or to share other concerns, e-mail stanfordcompliance@stanford.edu.

You may also reach out to the Stanford Ethics and Compliance helpline. Additional information can be found [here](#).



The following information is intended to educate you on NCAA rules regarding activities and interactions involving athlete agents and professional athletics. The goal of this information is to help you protect yourself from jeopardizing and potentially losing your eligibility. Please refer to the [Stanford University Policy for Athlete Agents](#) for more information on DAPER and team-specific policies regarding athlete agents. The following information is not exhaustive, so please contact your sport's compliance staff liaison for additional information and assistance on NCAA rules and Stanford policies.

Student-athletes may seek representation from a professional service provider for name, image, and likeness (“NIL”) representation opportunities only.

NCAA rules prohibit student-athletes from entering into an agreement with anyone, written or verbal, for current or future athletic representation (i.e., professional contract negotiation). Such an agreement will result in permanent ineligibility.

The receipt of or arrangement for any benefits from an agent (e.g., gifts, meals, lodging, transportation expenses, cash, etc.) are considered extra benefits and constitute NCAA violations. Agents, including NIL agents, wishing to speak with student-athletes must first register with the state of California and the Compliance Services Office. If you plan to meet or speak with an agent, please notify your head coach and compliance staff liaison prior to the meeting or conversation to ensure compliance with all regulations and to protect your eligibility.

Men’s Basketball Exception: Following the completion of the season and under very specific circumstances and conditions, NCAA rules permit men’s basketball student-athletes to sign with agents who meet all NCAA requirements and for a limited period to explore the NBA draft. Student-athletes seeking to sign with an NCAA-Certified agent should contact Compliance Services for further information on NCAA rules, applicable laws, and Stanford procedures prior to signing with the agent.

Student-athletes should be aware that signing with an agent without first completing the proper steps jeopardizes all future NCAA eligibility.



Permissible Activities

- Entering into an agreement with an athlete agent for name, image and likeness representation, provided the agreement is permissible per NCAA bylaws, state law, and University policy.
- You may request information from a professional team or organization concerning your professional market value.
- You are permitted to use your head coach to contact agents, professional sports team or organizations on your behalf for organizational reasons. However, your coach is not permitted to receive any compensation for these services, may not facilitate negotiations, and cannot market or promote your athletics ability.
- You may secure advice from an attorney or third party concerning a proposed professional contract, provided the attorney or third party does not represent you in negotiations for that professional athletics contract.
 - An attorney may not be present during discussions of a contract offer with a professional team, nor may the attorney have direct contact (in person, by telephone, by regular mail or email) with the professional sports organization (this would be considered representation).
 - You are required to pay such an individual at their normal rate.
- You may participate in a tryout with a professional athletics team provided you do not miss class time to participate and receive permission from your compliance staff liaison to ensure your NCAA eligibility will not be compromised by participating in the tryout.
 - You may receive actual and necessary expenses to participate in the tryout provided it lasts no more than 48-hours.
 - You are required to pay for tryouts longer than 48 hours.
 - If you have eligibility remaining and are scheduling a tryout with a professional athletics team, you must contact your compliance staff liaison to gain approval prior to participating in the tryout.



Impermissible Activities

- Once an agreement (verbal or written) is made with a professional sport organization to compete in professional athletics, you are ineligible for participation in that intercollegiate sport, regardless of the legal enforceability of the contract.
- You may not enter into an agreement (verbal or written) to be represented by an agent for professional athletics purposes until after your eligibility has ended, including your team's postseason competition.
- You, your relatives, or your friends may not accept benefits related to athletics ability or future professional earning potential from an agent, financial advisor, runner or any other person associated with an athlete agent unless that arrangement is specifically addressed as part of your professional representation contract.
 - These benefits include (but are not limited to) transportation, money and gifts, regardless of the value of the benefit or whether it is used.
- You may not retain professional legal services for personal reasons at less than the normal rate.
- A coach or other member of the athletics staff at your institution may not, directly or indirectly, negotiate or market your athletics ability or reputation to a professional sports team or organization (except as allowed by the head coach noted in the previous section).
- If you reach an agreement with an agent for the purposes of professional athletics, Stanford has the right to cancel your athletics scholarship.

Key Takeaway

Always err on the side of caution and notify your compliance staff liaison before participating in a professional tryout or communicating with athlete-agents.



After becoming a student-athlete, you are not eligible to participate in intercollegiate athletics if you have ever been paid, or promised compensation, for competing, agreed to participate in professional athletics, played on a professional athletics team, entered into an agreement for current or future professional contract representation with a professional service provider, or used your athletics skill for pay in any form in a particular sport.

There are also NCAA rules governing your amateur athletic activities prior to your initial enrollment at Stanford. If you have any questions regarding athletic participation prior to or after your enrollment at Stanford, please contact the Compliance Services Office.

Athletic Recognition/Awards and Events

Various local, regional and national organizations often recognize student-athletes for their athletic, academic, or other achievements. Before accepting any award, please check with the Compliance Services Office to see what you may accept in conjunction with the award.

This is particularly important if the awarding organization wants you to travel to a ceremony to accept the award and pay for your travel expenses. The NCAA regulates the expenses you may receive; acceptance of expenses in excess of the actual and necessary costs to attend the event may threaten your eligibility.



Name, Image, and Likeness (NIL)

NIL refers to a student-athlete's ability to earn compensation in return for allowing individuals or outside entities to use their name, image, or likeness. NIL also refers to a student-athlete's ability to use their name, image, or likeness in exchange for compensation.

Student-athletes are required to operate per [Stanford Athletics Name, Image, & Likeness Policy](#). This is the guiding policy for all NIL opportunities. This policy addresses areas such as identifying a legitimate NIL opportunity, acquiring professional service representation, when NIL activities may take place, and more.

Student-athletes are required to disclose all NIL agreements to the Compliance Services Office via the INFLCR app.

Stanford Athletics has created a comprehensive website to educate student-athletes and professional service providers on permissible NIL activities and representation.

[Stanford Athletics Name, Image & Likeness Website](#)

International students cannot engage in NIL activities while located in the United States if in the country on a student visa.

NIL Marks Use Resources

Generally, student-athletes are not permitted to use Stanford trademarks, recognizable buildings and landmarks, the color “cardinal,” and phrases such as “The Farm” in conjunction with NIL deals. Similarly, student-athletes cannot use Stanford produced content and imagery in NIL deals.

Students looking to utilize Stanford marks may submit requests through the Stanford Trademarks and Licensing Office:
<https://trademarks.stanford.edu/>

Learn More

Want to learn more about NIL? Visit the [Cardinal Connect website](#) and reach out to the staff with your questions and opportunities.



Non-Stanford Team Competition

Student-athletes in sports other than basketball and wrestling may compete on a non-Stanford, amateur team anytime **outside their sport's playing season**. Keep mind, there are limits on how many student-athletes from the same collegiate team may participate on an outside team together. It's important student-athletes never participate in outside competition (team or individual) without first receiving Compliance approval. Some additional sport-specific restrictions and exceptions also exist.

Additional Restrictions:

- Student-athletes cannot miss class time to participate in outside competition.
- Beach volleyball and volleyball are not considered the same sport for the purposes of the outside competition legislation.
- Cross Country and Triathlon are considered the same sport for the purposes of the outside competition legislation.
- Maximum number of Stanford student-athletes participating on same outside team
 - Baseball: 4
 - Beach Volleyball: 2
 - Cross Country: 2 (academic year). Unlimited (summer).
 - Fencing: 4 (academic year). Unlimited (summer).
 - Field Hockey: 5
 - Golf: 2 (academic year). Unlimited (summer).
 - Gymnastics: 2 (academic year). Unlimited (summer).
 - Rowing: 4 (academic year). Unlimited (summer).
 - Soccer: 5
 - Softball: 4
 - Swimming and Diving: Unlimited
 - Track & Field (Indoor/Outdoor): 7 (academic year). Unlimited (summer).
 - Tennis: 2 (academic year). Unlimited (summer).
 - Wrestling: 2 (academic year). Unlimited (summer).
 - Water Polo: Unlimited
 - Volleyball: 4

Unless a legislated exception is met a student-athlete who competes as a member of any outside team **during their sports playing season** will become immediately ineligible for Stanford competition.

Always notify your head coach and submit an [Outside Competition/Participation Form](#) via [ARMS](#) to obtain approval from Compliance Services before participating in outside competition.. Competing without approval from Compliance could jeopardize your NCAA eligibility.

Baseball student-athletes seeking approval to participate in summer leagues must submit the [Baseball Summer League Approval Form](#) via ARMS, rather than the Outside Competition/Participation form.



Basketball and Wrestling - Non-Stanford Competition Rules

In **basketball**, the general rule is that you lose all NCAA eligibility if you participate in organized, outside basketball competition after becoming a student-athlete.

- *Exception:* Basketball student-athletes may compete in an NCAA-approved summer league between June 15 and August 31, only if prior approval is granted by Compliance.
- Basketball student-athletes seeking approval to participate in these leagues must submit a Basketball Summer League Approval Form via ARMS, rather than the Outside Competition/Participation Form.

In **wrestling**, the general rule is that you must present a 2.0 term or cumulative GPA and have been enrolled for at least one full academic term to compete in outside competition. Please see additional restrictions below:

- Student-athletes may not participate in outside competition (team or individual) from the start of the academic year through October 31st
- Starting November 1st through the NCAA Wrestling Championships, student-athletes may compete in outside competition as an unattached individual only
- After the NCAA Wrestling Championships through the remainder of the academic year, a student-athlete may participate in outside amateur competition:
 - As an unattached individual; or
 - As a member of an outside team provided it's outside the sport's playing season and no more than two Stanford student-athletes compete on the same outside team (i.e., RTC).
- During the summer vacation period, there are no limits on the number of student-athletes who compete on the same outside team. Student-athletes may also compete as an unattached individual.



Unattached Individual Outside Competition

In sports other than wrestling, outside competition as an unattached individual is permissible at any time provided you:

- Represent only yourself in the competition (aka, no affiliation with an outside team);
- Do not engage in such competition as a member of or receive expenses from an outside team; and
- Do not miss class.

Wrestling student-athletes are subject to the aforementioned restrictions when participating in outside competition as an unattached individual, as well as the additional wrestling specific restrictions outlined on the prior page.

Additional Restrictions (All Sports)

- Student-athlete cannot wear/use institutional apparel provided for the current academic year or equipment that includes Stanford identification (i.e., permissible to wear Stanford uniforms from previous years but not current year);
- Student-athlete cannot receive expenses from Stanford to participate in the outside competition; and
- Student-athlete cannot receive instruction or coaching from a Stanford coach.

Limited exceptions for approved elite international and national team events may apply. Connect with your sport's compliance liaison to review these exceptions.

Always notify your head coach and submit an Outside Competition/Participation Form via ARMS to obtain approval from Compliance Services before you participate. **Competing without approval could jeopardize your NCAA eligibility.**



Individual or Unattached Competition

- **Individual sports other than wrestling:** Competition as an unattached individual is permissible at any time, provided you:
 - Represent only yourself in the competition;
 - Do not miss class;
 - Do not wear Stanford apparel when competing as individual or “unattached;” and
 - Do not engage in such competition as a member of or receive expenses from a team. *Limited exceptions for approved national team events may apply. Connect with your sport’s compliance liaison to review exceptions that may apply.*

Always notify your head coach and submit an [Outside Competition/Participation Form](#) via ARMS to obtain approval from Compliance Services before you participate. **Competing without approval could jeopardize your NCAA eligibility.**

National Team and Olympic Participation

There are several NCAA rules governing practice and competition with a national team (at any level). Please see the Compliance Services Office prior to your participation to (1) complete the [Outside Competition/Participation Form via ARMS](#), and (2) review specific guidelines in the following compliance areas:

- [National Team Participation & Expense Policy](#)
- Collegiate enrollment status
- Eligibility and academic progress
- Permissible expenses
- Exceptions for the Olympic Games and other International Competitions
- Practice eligibility with your Stanford team while not enrolled at Stanford



Per NCAA bylaws, all forms of gambling and sports wagering by student-athletes, Stanford coaches and athletic department staff are prohibited. Sports wagering includes placing, accepting or soliciting a wager (on a staff member's or student-athlete's own behalf or on the behalf of others) of any type with any individual or organization on any intercollegiate, amateur or professional team or contest. This prohibition extends to all sports, both at the collegiate and professional levels, in which the NCAA conducts championship competition, Division I football, and emerging sports.

- Examples of sports wagering include, but are not limited to, the use of a bookmaker or parlay card; Internet sports wagering; auctions in which bids are placed on teams, individuals or contests; skins play in golf, and pools or fantasy leagues in which an entry fee is required and there is an opportunity to win a prize.

Additionally, Stanford student-athletes, coaches, and athletic department staff members are prohibited from providing health or medical information about Stanford student-athletes that others can use to engage in gambling or sports wagering, or impacting the outcome of performance in a competition for gambling purposes.

As always, all student-athletes, coaches and staff have a collective responsibility for knowledge of and compliance with all NCAA and Conference rules. If you have any questions about this rule or other regulations, please see a member of the Compliance Services staff.

The NCAA's position on Gambling & Sports Wagering

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The NCAA opposes all forms of legal and illegal sports wagering. Sports wagering has the potential to undermine the integrity of sports contests, and jeopardize the welfare of student-athletes and the intercollegiate athletics community. Sports wagering demeans the competition and competitors alike by sending a message that is contrary to the purposes and meaning of “sport.” Sports competition should be appreciated for the inherent benefits related to participation of student-athletes, coaches, and institutions in fair contests, not the amount of money wagered on the outcome of the competition.

”



Eligibility Certification

To participate in varsity athletics at Stanford, you must be certified as eligible under NCAA, conference and Stanford University rules and regulations. Eligibility certification must be completed prior to joining a team and taking part in any athletically-related activities. If you have any questions regarding your eligibility, please contact the Compliance Services Office or your AARC advisor.

All student-athletes must:

- Receive a copy of the Student-Athlete Handbook;
- Complete a digital copy of the Beginning of the Year Package, which includes but is not limited to: the NCAA Student-Athlete Statement, the NCAA Drug-Testing Consent Form, the Stanford Eligibility Questionnaire, and the Stanford Consent Package;
- Meet the applicable NCAA progress toward degree requirements;
- Be certified by the NCAA Eligibility Center;
- Register and enroll as a full-time student (i.e., 12 units for undergraduates unless approved for less than 12 units);
- Pass a minimum of six degree applicable units during the previous quarter of full-time enrollment during the regular academic year (see Eligibility Requirements in the *Academic Services* section for more details); and
- Complete a physical examination with the Stanford Sports Medicine Clinic.

*Requirements may vary for non-NCAA sports

12-Unit Enrollment

NCAA rules require that all student-athletes be registered full-time to be eligible for travel, practice and competition. There are limited circumstances in which a student-athlete can enroll in less than 12 units as an undergraduate or their program's full-time enrollment requirement as a graduate student and remain eligible. Please consult the Compliance Services Office if you have questions regarding your enrollment.

Required Full-Time Enrollment for Undergraduates

You must be enrolled in at least 12 units to practice and compete during each regular quarter of the academic year. The NCAA allows you to practice for five days at the beginning of each quarter without being enrolled in 12 units, provided you are not competing during this time. However, you must be enrolled in at least 12 units at the beginning of the sixth day to remain eligible for practice. It is ultimately your responsibility to ensure you are enrolled full-time. Enrollment updates are provided to coaches on a regular basis. Non-eligible students cannot practice, travel or receive competition expenses until the coach receives notification from Compliance Services stating that the individual is enrolled full-time.



Permissible Less Than 12 Unit Enrollment

A student-athlete can enroll in less than 12 units under limited circumstances. The Compliance Services Office must approve your enrollment in less than 12 units prior to being eligible for practice, travel and competition.

- **Terminal Term of Attendance:** A student-athlete who is in their final term of attendance and is planning to graduate at the end of the quarter may enroll in the number of units required for graduation. Student-athletes must complete the Terminal Term Form and obtain approval from the Compliance Services Office prior to enrolling in less than 12 units. A student-athlete who fails to graduate following a terminal term will lose all remaining NCAA eligibility.
- **Winter Term Graduates:** Student-athletes who graduate at the end of winter quarter may continue to participate in collegiate athletics during the spring quarter, without being enrolled in units, to complete their competitive playing season. In this situation, a Terminal Term Form must be completed and submitted to Compliance Services to demonstrate that the student-athlete has completed all necessary requirements for an undergraduate degree during the winter quarter.
 - Student-athletes receiving athletics aid and hoping to continue to participate in their sport following a winter quarter conferral should speak with their coaches and the Compliance Services Office during the fall quarter (if not before) to discuss potential implications to aid during the spring quarter.
- **Co-Term Student Status:** Student-athletes enrolled in a co-term program, and who have undergraduate coursework remaining, are required to meet the undergraduate full-time enrollment requirement (i.e., 12 units). Once all undergraduate degree requirements are met, and only graduate coursework remains, student-athletes may then enroll full-time in accordance with their respective graduate program requirements (typically 8-10 units).
- **Post-Baccalaureate/Graduate Student Status:** A student-athlete who has conferred their undergraduate degree and is taking is either pursuing a graduate degree or enrolling into additional non-degree coursework may enroll in the full-time course load approved by the specific graduate department, which is often 8-10 units.

Activity/Sport Units

Activity/sport units include credits awarded for varsity sport participation, physical education classes, and some music and dance classes. Only the first eight units of activity/sport units noted on your transcript will count toward six-unit eligibility and degree completion certification. **DO NOT COUNT ON ACTIVITY UNITS FOR ACADEMIC ELIGIBILITY CERTIFICATION!**



Overseas Study & Training

If you are planning to study and train abroad, please contact the Compliance Services Office prior to your departure. Due to the unique athletic systems overseas and the strict NCAA regulations, it is important to review your compliance checklist (eligibility, amateurism, benefits) to ensure you are eligible to return to your Stanford team when you arrive back on campus. Here are a few important housekeeping issues to consider before your overseas departure:

Financial Aid

- **Stanford Program:** If you are studying abroad in a Stanford program of studies, you may be eligible to receive your athletic scholarship, if you obtain the approval of the head coach and the Director of Athletics.
- **Non-Stanford-Program:** Student-athletes studying abroad in a program not directly affiliated with Stanford University are not eligible for financial aid or an athletic scholarship.

Housing

If you move out of your housing unit earlier than your Residence Agreement specifies, you remain responsible for rental payments unless you have obtained a written statement, as specified in the Termination of Agreement section, from the Housing Assignments Office releasing you from your rental obligations.

Enrollment Status

Enrollment status, including full-time or part-time enrollment in a Stanford or Non-Stanford program, should be on file in the Compliance Services Office.

Training/Competing

Please inform that Compliance Services Office of any anticipated training or competition activities that may occur during your time abroad to ensure your participation will not impact your eligibility to participate with your Stanford team upon your return.



Transferring to Stanford

If you have ever attended another two- or four-year institution as a full-time student, you are considered a transfer student under NCAA rules, even if you did not participate in athletics. Before you are eligible to participate with a Stanford Varsity team, you must complete the Compliance Beginning of the Year packets via ARMS, have your NCAA transfer eligibility verified, receive a physical from Stanford Sports Medicine, and file all appropriate information with the Stanford Registrar's Office.

Transferring from Stanford to another Institution

NCAA rules prohibit a student-athlete from contacting, directly or indirectly, a coach or staff member of another NCAA institution without being placed into the NCAA Transfer Portal ("Transfer Portal"). Coaches from Division I institutions are prohibited from contacting, directly or indirectly, a student-athlete who attends another NCAA institution unless the student-athlete is in the NCAA Transfer Portal. Institutions that do not use the Portal (e.g. NAIA), are required to receive permission to contact from Stanford prior to communicating with a student-athlete regarding a potential transfer.

1. Written Notification of Transfer

Before you discuss transferring with another institution, that school must first confirm your name has been entered into the Transfer Portal. The Transfer Portal is a national transfer database that coaches from other institutions can access to verify that they are permitted to speak with you about the possibility of transferring.

To formally request that your name be added to the Transfer Portal, you must complete the Notification of Transfer Form in ARMS. When completing the Notification of Transfer Form, student-athletes will be prompted to complete the NCAA required transfer educational module and must attach proof of module completion prior to submitting the form. The Compliance Services Office will have two (2) business days after receiving the completed Notification of Transfer Form (that must include confirmation of module completion) to enter your name into the Transfer Portal. You will be notified automatically via email once your name has been entered into the Portal. Your coach will also be made aware, so it is recommended that you have a discussion with your coach prior to submitting the form in ARMS.

2. Transfer Portal "Windows"

Notification of transfer for undergraduate students must be initiated during a period specified for the applicable sport ("transfer windows").

In fall sports other than football, the student must provide written notification of transfer during:

- A 30 consecutive-day period beginning seven days after championship selections are made in the sport; or
- May 1-15.

In football, the student must provide written notification of transfer during:

- A 30 consecutive-day period beginning the Monday after the first Saturday in December; or
- April 16-30

Exception: Participants in FBS College Football Playoff Championship may provide written notification of transfer during a period that extends 14 consecutive days beginning the day after the championship game.



In winter sports, a student must provide written notification of transfer during a 45 consecutive day period beginning seven days after championship selections are made in the sport.

In basketball, a student must provide written notification of transfer during a 45 consecutive day period beginning the after day after championship selections are made in the sport.

In spring sports, the student must provide written notification of transfer during:

- December 1-15; or
- A 30 consecutive-day period beginning seven days after championship selections are made in the sport.

Exceptions to the transfer windows

A student-athlete may initiate notification of transfer during a 30 consecutive-day period beginning the day after either:

- The head coach of the student-athlete's team departs or announces departure from the institution; or
- The student-athlete's athletics aid is reduced, canceled or not renewed (except as permitted per Bylaws 15.3.4.2 or 15.3.5.1).

Notification of transfer for students transferring after completing their undergraduate degree ("Graduate Transfers"):

Graduate Transfers can enter their name into the Transfer Portal any time between October 1 (of the academic year in which their degree will be conferred) and the last day of the final undergraduate transfer window for their sport.

3. Submitting the Notification of Transfer Form is not deemed a specific "Intent to Transfer"

A student-athlete may submit the Notification of Transfer Form (being mindful of sport-specific transfer windows to qualify for the one-time transfer exception) and does not need permission to do so from their coach, staff member, or DAPER Administrator. However, once your name has been entered into the Transfer Portal you will no longer continue participating with your team in any athletically-related activities and will no longer have access to the majority of DAPER varsity athletics resources and facilities unless your sport administrator in consultation with the Senior Woman Administrator grant an exception to allow continued participation and/or access to resources and facilities.

- A student-athlete who enters the transfer portal will retain access to academic, sports psychology, and athletic training/sports medicine for pre-existing conditions as determined by the athletic trainer.
- A student-athlete who enters the transfer portal will lose access to all other DAPER resources and facilities, including but not limited to: varsity weightrooms, varsity fields/courts/ pools/etc.*, locker rooms*, athlete dining & farmstand, athletics aid for summer school, foreign tours, SA development events, SAF, national team reimbursements, equipment* and letter awards, disability Insurance, and medical Insurance.
- Exception: In the instance of a head coaching change, a student-athlete may retain access to DAPER resources for a period not to exceed 14 days after the new head coach is named. At the conclusion of 14 days, if the student remains in the transfer portal, they will lose access to DAPER resources as outlined above.

*It is the student-athlete's responsibility to remove their personal items from team common areas and to return any borrowed gear/equipment in a timely fashion (i.e., 7 days) after entering the transfer portal.



Additionally, after submitting the Notification of Transfer form your athletic scholarship will be cancelled or reduced starting the term immediately following the term in which the Written Notification of Transfer form is received (e.g., if you submit the form in fall quarter, your athletic aid agreement may be cancelled starting that following winter quarter). If you submit the Notification of Transfer form between regular academic terms (e.g., winter break, summer break), DAPER may reduce or cancel your financial aid immediately. It is at the discretion of your sport administrator in consultation with the Senior Woman Administrator to allow you to continue receiving athletically-related aid, Alston payments, and summer school financial aid.

A Written Notification of Transfer expires at the time you:

- provide a request for withdrawal in writing to the Compliance Services Office,
- return to Stanford for the ensuing academic year or the team's report date for the next academic year (whichever is earlier), or
- begin classes at another institution in the ensuing academic year.

If, after submitting the Notification of Transfer form via ARMS, you decide you would like to have your name withdrawn from the NCAA Transfer Portal, please send an email requesting your name be removed to the Compliance Services Office.



An extra benefit is any special arrangement by a Stanford employee or a representative of Stanford's athletics interests (i.e. a booster, alumni, former student-athletes, etc.) to provide you, your relatives, or your friends with any benefit not expressly authorized by NCAA regulations. Receipt of a benefit is not an NCAA rules violation only if it is demonstrated that the same benefit is generally available to all Stanford students, or if it is available to a particular segment of the student body on a basis unrelated to athletics ability. Accepting an extra benefit or preferential treatment can have serious effects on your athletic eligibility. If you are ever in doubt about a gift, benefit, or service, ask a member of the Compliance Services staff or your coach.

Examples of Impermissible Extra Benefits:

- The use of an automobile
- Giving a loan or helping to secure a loan
- Discounts on services, like dry cleaning or car repair
- Discounts on purchases, such as a car, clothing or airline tickets
- The use of a cell phone or phone card
- Receipt of services from businesses, like movie tickets or dinner
- Providing a student-athlete or their family member with rent free or below fair market value housing

Examples of Benefits the University May Provide:

- Athletic scholarships
- Appropriate equipment for practice and competition
- Travel expenses for practice and competition
- Complimentary admissions for games
- Awards to recognize participation and achievement
- Medical treatment
- Academic support services

Boosters, Donors, Alumni, and Friends of Your Sport's Program

As a student-athlete at Stanford University, you will come into contact with many of our support groups and/or individuals who have made financial contributions to the Athletic Department or to the Buck/Cardinal Athletic Scholarship Fund. These groups of individuals, also known as "boosters," or athletic representatives, may want to associate with you.

The Stanford University Department of Athletics is responsible for the control and conduct of the intercollegiate athletics program, and this responsibility includes accountability for the acts of athletic representatives. Once an individual has been identified as an athletic representative, he/she/they retains that identity forever and is governed by the same NCAA and Stanford University rules and regulations as our athletic staff members.



NCAA rules permit boosters to:

- Invite student-athletes for an occasional meal or special occasion meal on an infrequent basis in the locale of the institution.
- Provide transportation to occasional meals that is not excessive.
- Provide summer employment for enrolled student-athletes at the going rate for similar positions.

NCAA rules prohibit boosters from:

- Providing cash or loans in any amount, or signing or co-signing for a loan for a student-athlete or parents;
- Providing gifts of any kind, including birthday cards and holiday gifts, clothing and entertainment, or cars to student-athletes;
- Providing special discounts for goods and services (e.g., car repairs, legal services, meals) to student-athletes or their families;
- Providing free housing or reduced-rent housing to student-athletes or their families;
- Purchasing complimentary admissions from a student-athlete;
- Providing an honorarium to a student-athlete for a speaking engagement;
- Allowing usage of free cell phone, automobile or other property by a student-athlete or a student athlete's family member;
or
- Providing room, board, transportation or any other special arrangement for a student-athlete's family or friends.

Receiving Benefits from Former Stanford Student-Athletes

Extra benefit rules include benefits that may be provided to you by former Stanford student-athletes, including former teammates. In general, you may only accept benefits from former student-athletes if the person was a teammate of yours at Stanford and if the benefits are similar in nature as that provided when you were both in school. For example, if a former teammate wishes to return to campus on an occasional basis and treat you to dinner, that would not be considered an extra benefit.

Examples of activities that are not permissible include:

- A former student-athlete paying transportation, lodging and meal expenses for you to attend a professional athletics contest in which the former student-athlete will be a participant.
- A former student-athlete providing you with rent-free, or discounted, housing.
- A former student-athlete providing you with a vehicle or use of a vehicle (or bicycle, scooter, etc.).
- Attending a draft party that is hosted by a former student-athlete or teammate and includes expenses paid for by an agent.



Student-athletes are not permitted to have personal packages shipped to the Stanford Equipment Office or any place in the Athletics Department. Student-athletes will need to send their personal packages to either his/her/their Stanford P.O. Box or the FedEx Office at Tresidder Union. The Equipment Office will turn away any student-athlete packages that arrive at their office. Acceptance of personal packages could be considered an NCAA “extra benefit” and could jeopardize the recipient’s eligibility.

For more information about the Stanford P.O. Box, please visit:

<https://registrar.stanford.edu/students/student-record-privacy/post-office-boxes>

For more information about the Tresidder Union FedEx Office, please visit:

<https://psg.office.fedex.com/stanford/students.html>



Student-Athlete Employment Form

A student-athlete must complete the Student-Athlete Employment form in ARMS prior to starting a job, internship, research, providing a fee-for-lesson, or any other type of employment whether paid or unpaid. Please contact the Compliance Services Office if you have a questions regarding employment.

Important points to remember about your employment

- Student-athletes must immediately report to the Compliance Services Office any offer or receipt of a benefit not made regularly available to other employees performing similar work in the same locale, including, but not limited to, transportation, loans and advances.
- A violation of this policy may result in the loss of your eligibility for competition, the loss of your athletic scholarship, and your sport being precluded from participation in post-season competition.

Private Lessons (fee-for-lesson)

The NCAA permits student-athletes to be paid for providing lessons in the sport in which they compete. The Athletic Department must maintain year-round records for any private lessons. To receive compensation for giving private lessons (teaching or coaching sport skills or techniques in your sport), you must meet ALL of the following:

- Institutional facilities cannot be used (this means anywhere on campus, not just recreational facilities and varsity facilities);
- Playing lessons are not permitted;
- The Athletic Department must receive documentation of the lessons and fee provided BEFORE the lessons occur;
- Compensation must be paid by the lesson's recipient, not another individual or entity; and
- Lessons are designed to be individual in nature and cannot include more than two recipients at any one time.



Countable Athletically-Related Activities

The NCAA defines countable athletically-related activities (CARA) as any required activity with an athletics purpose involving student-athletes at the direction of, or supervised by, one or more of an institution's coaching staff (including sports performance coaches). These activities must be included in the weekly and daily limitations.

Examples of countable athletically-related activities include, but are not limited to:

- Required practice, weight training, and/or conditioning activities at the direction of or supervised by an institutional staff member;
- Competition and any associated activities on the day of competition (always counts as three hours regardless of the actual duration of the competition);
- Film or videotape reviews of athletics practices or contests required, supervised or monitored by staff members;
- Individual or team meetings with an athletics purpose (e.g., game plan, implementing new offensive scheme, strategy session)
- Required participation in camps or clinics or promotional/charitable activities with an athletics component;
- Visiting the competition site (applicable to Cross Country and Golf);
- Involvement by Stanford's sports performance staff with enrolled student-athletes in required conditioning programs.

Head coaches are required to submit a weekly record of their team's countable athletically-related activities to the Compliance Services Office via an ARMS CARA Log. Compliance Services will then send the CARA Logs to student-athletes for review. The ARMS CARA Logs are an opportunity for student-athletes to notify Compliance Services of any discrepancies between reported and actual countable athletically-related activities, or any other related concerns.

The Athletic Department places a strong emphasis on compliance with these rules to ensure student-athletes succeed in all aspects of the collegiate experience. If you ever have any questions about your sport's activities, then please talk to your Sport Administrator, Compliance Services, the Faculty Athletics Representative and/or your head coach.

NCAA Limits on Countable Athletically-Related Activities (CARA)

The NCAA restricts a student-athlete's participation in countable athletically-related activities (CARA) to:

In-Season

- Maximum of four hours per day
- Maximum of 20 hours per week, with each day of competition counting as three hours
- At least one day off per week required



Out-of-Season

- Maximum of four hours per day
- Maximum of eight hours per week
 - In all sports other than Football, not more than four hours per week (as part of the eight maximum) may be spent on required individual skill instruction
 - In Football, not more than two hours per week (as part of the eight maximum) may be spent on film review/walk-through. Skill instruction may not be conducted.
- At least two days off per week required
- CARA may not occur during Dead Week or Finals Week.
 - It is not permissible for student-athletes to participate in voluntary workouts with their coaches during Dead Week or Finals Week. A coach may be present only if you participate in a sport that utilizes the safety exception. Further, if a coach uses the safety exception to be present during a workout, then the coach may provide safety instruction but cannot conduct or provide technical assistance.

Voluntary Workouts

Student-athletes may participate in voluntary conditioning workouts and activities supervised by a sports performance staff member during the academic year and/or summer without counting toward CARA limitations. For a workout to be considered “voluntary” under NCAA rules, **all** of the following conditions must be met:

1. Sport-specific coaches and/or staff (e.g., director of operations) may not be present;
2. Student-athletes must not be required to report back to the sport-specific coach or other staff member (e.g., strength coach, trainer, manager) any information related to the activity, and no athletic department staff member may report back to the coach any information related to the activity that they may have observed;
3. The activity must be initiated and requested solely by the student-athlete(s);
4. Attendance and participation in the activity may not be recorded for the purpose of reporting back to coaches or other student-athletes; and
5. Student-athletes must not be subject to penalty if they elect not to participate in the activity, and no recognition or incentives may be provided based on attendance or performance in the activity.
6. Individual sports only: coach may participate in individual workout sessions with student-athletes from the coach's team during any institutional vacation period and/or the summer, provided the request for the assistance is initiated by the student-athlete.

If you have any questions or concerns about whether an activity is voluntary, please contact a member of the Compliance Services Office, your Sport Administrator, the Athletic Director, the Institutional Compliance Hotline or the Faculty Athletic Representative.



Safety Exceptions

A coach may be present during voluntary individual workouts in Stanford's regular practice facility, without the workouts being considered as countable athletically-related activities, in the following situations (the coach may spot or provide safety or skill instruction, but cannot conduct the workouts):

- Fencing - When the student-athlete uses fencing equipment
- Gymnastics - When the student-athlete uses gymnastics equipment
- Rowing - When the student-athlete uses rowing equipment
- Swimming and Diving - When the student-athlete is swimming or diving
- Track and Field - When the student-athlete is engaged in field events, jumping hurdles, or the jumping element of steeplechase
- Water Polo - When the student-athlete is engaged in water polo
- Wrestling - When the student-athlete is engaged in wrestling

Hour Limitations for Multi-Sport Student-Athletes

If you participate in more than one sport, the NCAA restricts the total amount of time spent in all countable athletically-related activities to 20 hours total per week and four hours per day. If you are participating in multiple sports, then please talk to your coaches about your activities to help ensure you stay within the NCAA daily and weekly limits.

Required Athletically-Related Activities

The NCAA defines required athletically-related activities (RARA) as any activities, including countable athletically-related activities, that are required of a student-athlete as a result of their participation in athletics. Such activities include, but are not limited to:

- compliance meetings
- organized team promotional activities
- recruiting activities, including student-host duties
- media activities
- fundraising events
- community service events
- travel related to away competitions

Required athletically-related activities may not occur on a student-athlete's required day off; however, non-CARA activities do not count toward daily or weekly limitations.



Student-Athlete Time Management Plans

NCAA rules require each team to develop a student-athlete time management plan (TMP). The TMP is intended to increase transparency regarding the time demands of participation in the sport. The TMP should inform student-athletes when and how they will receive their schedules of required and countable athletically-related activities, as well as notifications of changes to schedules. In addition, the TMP should include any other information related to scheduling in the sport, such as times of year when deviations from normal scheduling practices might occur.

Creation of the TMP should be a collaborative process among the head coach, sport administrator and student-athlete representatives.

On an annual basis, student-athletes should receive a copy of their TMP by the first day of required athletically-related activities in their sport or the first day of classes, whichever comes first.



Athletic Department Mission Statement for Student-Athlete Recruitment

As one of the recognized leaders in intercollegiate athletics, the Athletic Department of Stanford University is committed to maintaining the highest standards of integrity in all of its endeavors. In the recruitment of prospective student-athletes, the Department should serve as a role model in maintaining principles of institutional and personal responsibility. The Athletic Department expects all student-athletes, prospective student-athletes, and department personnel to act honorably and ethically during the recruiting process. In particular, all participants in the recruiting process must abide by Stanford's Fundamental Standard, which states: "Students at Stanford are expected to show both within and without the University such respect for order, morality, personal honor and the rights of others as is demanded of good citizens. Failure to do this will be sufficient cause for removal from the University."

Your Role in Recruiting

Part of your duties as a student-athlete may include recruiting activities, including hosting prospects on a campus visit. Please treat these recruiting responsibilities with the proper care and attention and review the following points regarding the NCAA and university recruiting rules. If you have any questions about these policies or your role as a student-athlete host, please see your head coach or the Compliance Services Office.

Student-athlete hosts (regardless of age) may not consume alcohol while hosting a prospective student-athlete during an official visit or unofficial visit. Student-athlete hosts and prospective student-athletes may not engage in any activities related to sex. This includes, but is not limited to, activities involving nudity, simulated sexual activity, sexually explicit acts, erotic dancing or other similar activities. For example, student-athlete hosts may not take prospective student-athletes to strip clubs, adult movie theaters, or other sexually-oriented establishments.

Stanford Athletic Department Policy for Campus Visits by Prospective Student-Athletes

Campus visits by prospective student-athletes are intended to reflect actual student life at Stanford and assist the prospect in making an informed decision about their college attendance. Coaches are encouraged to schedule visits so that prospective student-athletes have the opportunity to attend classes, meet with professors, and participate in student life and the Stanford community.

During campus visits by prospective student-athletes, all individuals (prospect, student-athlete hosts, coaches, department staff and other institutional personnel) are expected to maintain the highest standards of behavior and integrity. This includes adhering to all relevant NCAA rules, as well as abiding by the standards of appropriate behavior that have been established by the Department of Athletics. All individuals should note that the use of alcohol, drugs, sex and gambling during campus visits is strictly prohibited.



Prior to any official visits occurring during the academic year, each head coach must hold a team meeting to discuss NCAA rules, these department policies, and any additional team rules related to official visits. In addition, coaches should follow-up after each visit by discussing the activities that occurred with each student-athlete host. Any violations of NCAA rules or department policies related to recruiting is treated very seriously. Penalties for violations range from practice/game suspensions to loss of eligibility or athletic aid.

The following guidelines are in place for campus visits by prospective student-athletes:

- Student-athlete hosts (regardless of age) cannot consume alcohol while hosting a prospective student-athlete. Student-athlete hosts and prospective student-athletes should avoid visiting establishments that serve alcohol or parties where alcohol is served, but in any case, alcohol may not be consumed by either hosts or prospects.
- Student-athlete hosts and prospective student-athletes cannot engage in any activities related to sex. This includes, but is not limited to, activities involving nudity, simulated sexual activity, sexually explicit acts, erotic dancing or other similar activities. For example, student-athlete hosts may not take prospective student-athletes to strip clubs, adult movie theaters, or other sexually-oriented establishments.
- Student-athlete hosts and prospective student-athletes cannot participate in any gambling or sports wagering during a campus visit (student-athletes are not permitted to participate in sports wagering activities at any time).
- Student-athlete hosts and prospective student-athletes may not participate in any activity that violates criminal law.
- Student-athlete hosts are prohibited from using their personal vehicles to transport prospective student-athletes. An exception to this policy may be granted if the student-athlete host has completed a Driver's Background Check through the University, and the travel is approved in advance and in writing.
- Student-athlete hosts cannot transport and engage in entertainment activities with prospective student-athletes outside a 30-mile radius of Stanford's campus. DAPER must account for all expenses incurred for entertaining a visiting prospective student-athlete and their guests (i.e. receipts for activities), not to exceed \$60 per person.
- During any "free time" when coaches or staff members are not present, student-athlete hosts and prospective student-athletes are expected to exercise their best judgment and abide by the department guidelines when determining what activities will occur.
- The department has not established a curfew for student-athletes or prospective student-athletes during campus visits. However, coaches are encouraged to discuss appropriate time frames for all activities during a campus visit, including an expected time for all visit activities to conclude.



NCAA Recruiting Rules for Student-Athletes

Correspondence: You may write/email/text message/direct message to a prospect, provided it is not done at the direction and/or expense of the coaching staff or athletic department.

Phone Calls: You may receive phone calls from a prospect at any time as long as there is no direct or indirect involvement by Athletics Department staff to initiate the call. You may participate in telephone calls with a prospective student-athlete initiated by an institutional staff member, provided the call does not occur on your required day off. You may make phone calls to a prospect at your own expense and not at the direction of the coaching staff.

Publicity/Comments in the Media, Facebook, Twitter: As a Stanford student-athlete, you are permitted to make any comments or post images on Facebook, Twitter, or other social media regarding a prospect so long as the comments or images you post are self-initiated and are not made at the direction of a Stanford staff member. Any questions as to what can be posted on social media regarding prospects should be directed to the Compliance Services Office.

NCAA Recruiting Rules for Hosting a Recruit on an Official Visit

Extra Benefits: You may not provide a prospect with any benefit not expressly permitted in this section. You may not provide them with any of your own or your team's athletic apparel or equipment or supplement the entertainment money with any of your own funds.

Host Entertainment Money: Stanford may provide a student-host with up to \$60 in cash to cover the cost of entertainment for the host and prospect during an official visit. If cash is provided to a student-host, the amount must be counted towards the student-host and prospect's \$60 limit for entertainment expenses during the official visit, and no other entertainment may be provided.

- This money may NOT be used to purchase souvenirs, such as t-shirts or other institutional mementos. You will be required to sign a Host Entertainment Form via ARMS when you spend entertainment money.
- The Athletic Department reserves the right to require reimbursement for any entertainment money used for inappropriate or impermissible activities.

At the conclusion of the visit, you will be required to sign the Post Host Entertainment form via ARMS. You will need to fill out all required information, which includes:

- Entertainment Money Spent
- How and where you spent the host entertainment money on each day of the Official Visit
- Student-Athlete Host signature



Meals: You may receive complimentary meals when you are serving as the Student Host for the prospect.

Events: You may receive complimentary admissions to an athletic event when you are accompanying the prospect to the event.

Entertainment: You may show the prospect around the Bay Area, but you are limited to staying within a 30-mile radius of campus. This radius includes San Francisco and San Jose, but NOT Santa Cruz, or across the Golden Gate Bridge.

Boosters: Representatives of the University's athletics interests (i.e., donors, alums) are not allowed to be involved in recruiting a prospect. If, during the official visit, you and the prospect come into contact with a booster or alum, the conversation must be limited to an exchange of greetings, and you should then excuse yourself and the recruit immediately.

Host Duties on a Required Day Off: Student-host duties are not permitted on a student-athlete's required day off.



SPORTS MEDICINE



Purpose: The sports medicine program is designed to provide the best possible medical care for your injuries and illnesses. The sports medicine team at Stanford consists of many individuals including athletic trainers, team physicians, orthopedic surgeons, physical therapists, clinic staff, and sports nutrition specialists. Typically, one of the first people you will interact with on the sports medicine staff is your team's athletic trainer. Among the many services provided by your athletic trainer, one of the most important is being the center of communication. Your athletic trainer is responsible for reporting the team's injury and illness status to your coach each day and for that reason they need to be aware of your medical conditions and injuries that affect your participation. Physical therapists design specific programs for your rehabilitation and communicate directly with your athletic trainer, physician, and sports performance staff regarding your progress. The team physicians provide diagnosis, treatment, arrange for consultations, order lab tests, x-rays and MRIs, and make decisions on your participation status. The sports nutrition staff provide resources and support on appropriate supplements, performance fueling, weight gain/loss/maintenance, and general nutrition concerns.

Locations:

Lacob Family Sports Medicine Clinic
Arrillaga Center for Sports & Recreation
341 Galvez Street
Stanford, CA 94305
Main Phone Number: 650/725-8202

Phillip & Penelope Knight Athletic Training Center
Arrillaga Family Sports Center
641 East Campus Drive
Stanford, CA 94305
Email: su_sportsmedat@stanford.edu

Sports Nutrition Suite
Arrillaga Family Sports Center
641 East Campus Drive
Stanford, CA 94305



Phillip & Penelope Knight Athletic Training Center

The main athletic training facility is home to the certified athletic trainers within the Stanford Sports Medicine program. This staff of full-time athletic trainers is responsible for the recognition and management of developing and ongoing medical conditions. They specialize in evaluation, management, treatment, and rehabilitation of athletic injuries and illness sustained during participation in intercollegiate athletics.

Location & Hours

Located at 641 East Campus Drive, on the ground level of the Arrillaga Family Sports Center, is the state-of-the-art Phillip & Penelope Knight Athletic Training Center (ATC). During the academic year, the ATC will be open Monday to Friday, 8:00 a.m. to 7:00 p.m. On weekends and holidays, athletic competition and practices will dictate hours. During the summer months the athletic training room operates on a reduced schedule.

Contact Information

The main ATC point of contact is su_sportsmedat@stanford.edu. You can leave a message for your team athletic trainer, or they can be contacted directly through their desk line.

Facility Use

Student-athletes may use the facility during pre-arranged times with their team athletic trainer or may receive walk-in services from available staff during business hours.

Services

In addition to the recognition and referral of student athletes for further medical testing and diagnosis, the Athletic Training Staff provides multiple services in preparation for athletic participation. These include taping, bracing, soft tissue work, stretching and treatment modalities such as ultrasound, electrical stimulation, oscillatory therapy, and light/laser therapy. With the exception of urgent care, student-athletes must be showered prior to receiving care in the ATC. Athletic trainers also provide acute injury care such as primary evaluation, management, and coordination of emergency medical services. All athletic training personnel are first aid, CPR, and AED certified and work under the direct supervision of Team Physicians.



Lacob Family Sports Medicine Clinic

The Lacob Family Sports Medicine Clinic (SMC) is a state-of-the-art facility offering comprehensive health services for sport and non-athletic injuries and illnesses. The SMC has a medical clinic with x-ray, diagnostic ultrasound, rehabilitation space, and Human Performance Lab (HPL). The SMC is staffed by physicians, physical therapists, and exercise scientists. Nutrition and psychological services are also available.

Location & Hours

The SMC is conveniently located in the Arrillaga Center for Sports and Recreation (lower level) at 341 Galvez Street. During the academic year, the SMC will be open Monday to Friday, 8:00 a.m. to 6:00 p.m. (excluding university holidays). During the summer months the center operates on a reduced schedule.

Contact Information

The Sports Medicine Center's main phone number is 650/725-8202 and the email is SMC@stanfordhealthcare.org. All calls will be answered during business hours. If you call outside of business hours to book an appointment, your call will be promptly returned the next business morning.

Facility Use

Entrance to the Arrillaga Center for Sports & Recreation requires a Stanford University ID card. Student-athletes should enter the SMC through the main lobby entrance located at the bottom of the stairs and elevator. All visitors must check in at the front desk. With the exception of urgent care, student-athletes must be showered prior to their scheduled appointments.

Services

Medical referrals for injuries or illnesses to student-athletes are coordinated through the SMC. Team physicians at the SMC will see all injuries and illnesses, regardless of whether or not they are athletically related. The student-athlete's primary medical insurance will be billed for these services. The student-athlete will not be responsible for the secondary costs (costs that your insurance will not cover) when care is provided on site at the SMC. Nutrition, physical therapy, and psychological consultation can also be arranged through the SMC. To access these services, student-athletes may contact the front desk directly or make arrangements through their team athletic trainer.



Contact Information:

Director, Sports Medicine:

Dr. Geoff Abrams (650) 725-8202

Associate Athletics Director Sports Medicine:

Tamara Moreno (650) 7237593

Assistant Athletics Director Sports Medicine

Sarah Lyons (650) 724-3303

Assistant Athletics Director, Sports Nutrition

Joseph Gatewood (602) 578-6734

Director of Olympic Sports Nutrition:

Kristen Gravani (650) 721-4123

Team Physicians:

(650) 725-8202

Dr. Marc Safran

Dr. Mike Fredericson

Dr. Calvin Hwang

Dr. Seth Sherman

Dr. Gerry Keane

Dr. Jeremy Chan

Dr. Eugene Roh

Dr. Marc Safran

Physical Therapists:

Deb Iwasaki (650) 497-9312

Floyd Vito Cruz (650) 736-4042

Chelsea Cooman (650) 497-5071

Vien Vu (650) 208-2929

Tamara Moreno (650) 723-7593

Sports Medicine Clinic Staff:

Front Desk (650) 725-8202

Jesse Hernandez

Susan Hock

Rachel Mlakar



Athletic Trainers:

Brenny, Sam	(650) 374-6039
Callahan, Jacob	(650) 725-3396
Collins, Maddie	
Cooman, Andrew	(650) 724-7240
Duong, Alex	(415) 583-9063
Garruppo, Gabrielle	(908) 487-7604
Holle, Erin	(650) 736-4068
Jones, Learie	
Knox, Katelin	(650) 497-3944
Lara-Diaz, Vanessa	(650) 724-7209
Locke, Aja	(818)-795-7847
Lopez, Michaela	(925) 719-3468
Lyons, Sarah	(650) 724-3303
Mak, Karmont	(650) 724-3304
Mosher-Stockinger, Steve	(650) 721-9131
Nealer, Austyn	(720) 412-2660
Nelson, Erica	(503) 385-5529
Perrero, Liz	(650) 723-1214
Piccirilli, Amanda	(650) 724-5242
Police, Justin	(650) 497-3938
Rezazadeh, Sanam	(650) 724-2132
Sicard, Molly	(650) 721-9131
Ursone, John	(650) 497-5822
Vetter, Rob	(650) 721-5882
Vincentini, Dominic	(650) 498-6449
Yamada, Tomoo	(650) 736-7875

Insurance Coordinator:

Charlene Dow	(650) 725-8202
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To ensure that you are protected by health insurance, all registered students are automatically enrolled in Cardinal Care at the beginning of each quarter. This ensures that everyone meets the University requirement for all students to have health insurance. You must have primary insurance in place to waive this fee and must do so by the first day of each quarter. Athletic scholarships do not cover the university health insurance fee. However, Stanford will pay your health insurance premiums if you are Pell eligible.

How to waive Cardinal Care

If you choose not to enroll in Cardinal Care and decide to use your own health insurance, you must provide proof of health insurance coverage. To do this, complete the health insurance waiver on AXESS at <http://axess.stanford.edu>

- This must be done before the waiver deadline at the beginning of the academic year.
- You may waive as many quarters in the academic year as you want while on AXESS.
- A health plan name and group policy number are required to complete the health insurance waiver.

Many managed health care plans provide only for emergency care outside their local service area. Check your policy carefully before completing the waiver form online at <http://axess.stanford.edu>.

**ATHLETIC SCHOLARSHIPS DO NOT COVER THE COST OF CARDINAL CARE.
THE DEADLINE TO WAIVE CARDINAL CARE IS SEPTEMBER 15!**

Health Insurance

Stanford University requires that every student provide evidence of current health insurance, family or individual, and maintain that coverage at **all** times while a student at Stanford. Cardinal Care is the insurance offered by Stanford University and is now administered by Healthnet of California. The policy's effective period is in accordance with Stanford University's academic schedule, which begins September 1 through August 31. To inquire about the cost of Cardinal Care, please contact Vaden Student Health Services at 650/498-2336 or visit their website at:

<https://vaden.stanford.edu/insurance>

If a domestic student-athlete is receiving the Pell Grant, they are eligible for Stanford Athletics to pay their health care premiums. In order for a student-athlete to take advantage of this, the student-athlete and parent(s) or legal guardian(s) must complete the FAFSA forms for the corresponding academic year.

International students are required to enroll in Cardinal Care. The cost of Cardinal Care is included in international student's cost of attendance (COA). As a result, international students (no dual-citizenship) receiving a full COA athletic scholarship (100%) will have their cardinal care insurance premiums covered by their athletic aid. In limited instances, international students may be eligible to waive Cardinal Care if the institution determines their current insurance plan is comparable to Cardinal Care coverage.



Summer Participation

Student-athletes participating in summer practices are required to have active insurance coverage during that time. Incoming student-athletes enrolled for summer quarter classes qualify for Cardinal Care if they do not have another medical coverage option. The deadline to enroll in Cardinal Care or waive the coverage is June 15.

This is advised for freshmen who are taking summer courses as well as returning student-athlete who are participating in a sport with an early practice or workout schedule prior to September 1. If you are a returning student-athlete with Cardinal Care for the previous year, your policy is effective until August 31. You must re-enroll for the following academic year. The deadline to enroll in Cardinal Care or waive the coverage is September 15.

Financial Responsibility

The student-athlete is financially responsible for all medical expenses incurred during any lapses in insurance coverage, regardless of whether the injury is caused through participation in athletics or otherwise. Stanford University does not assume financial responsibility for student-athlete medical expenses when the student-athlete is uninsured. We strongly recommend that student-athletes maintain insurance coverage when participating in any sport-related activity or training, even when the student may not be enrolled in classes.

Athletic-Related Injuries and Illnesses

Stanford will cover all secondary costs (those your insurance will not pay) for athletic-related conditions and injuries while the student is a varsity athlete at Stanford. An athletic-related injury or illness is one that occurs as a result of competition in a NCAA sanctioned athletic event or training or practicing for such event. The Athletic Department's insurance is supplemental, providing excess coverage for expenses which are directly related to participation in the student-athlete's sport.



Pre-Existing Injuries and Illnesses

The student-athlete is financially responsible for medical expenses related to pre-existing injuries and illnesses. Every incoming athlete will have a complete history and physical examination. Pre-existing illnesses or injuries will be identified at this time. While the Sports Medicine Clinic may provide treatment for such conditions, the Athletic Department assumes no financial responsibility for their management [and services provided for such conditions will be billed by the Sports Medicine Clinic to the student-athlete's insurance or to the student-athlete]. Pre-existing injuries or illnesses whether or not disclosed during the pre-participation evaluation or later exacerbated by intercollegiate sport participation remain the financial responsibility of the student-athlete.

Non-Athletic Injuries

As with pre-existing injuries, non-athletic injuries and illnesses are the financial responsibility of the student-athlete. In the case of these injuries or illnesses, the student-athlete is responsible for medical costs beyond those covered by their primary insurance. These costs would include deductibles and co-payments for durable medical equipment, and services provided outside of the Sports Medicine Center.

The following examples may help to illustrate how these injuries are classified:

<i>Athletic Injuries</i>	<i>Non-Athletic / Pre-Existing Injuries</i>
Knee Injury during off-season sanctioned practice	Knee Injury from bike accident riding to class
Ankle Injury during NCAA match	Ankle dislocation during "pick-up" basketball
Broken teeth in baseball game	Broken teeth from intramural broomball
Back injury sustained while weight training	Chronic back pain associated with scoliosis
Hematuria (blood in urine) from a collision	Hematuria (blood in urine) from kidney stone

Insurance Records

The student-athlete's complete primary medical insurance information must be on file in the Sports Medicine Center. Student-athletes are not permitted to train, practice or compete without this information. Insurance information must be completed and submitted via the online ePPE website. To complete the student athlete insurance questionnaire, please follow the instructions in the "Online Medical History and Insurance Questionnaire" section of the pre-participation evaluation. This information can be found at this link:

<http://www.stanfordsportsmedicine.com/medical-eligibility-center/>

In the event of a pre-existing or non-athletic injury or illness, Stanford's medical providers will bill your primary insurance directly from this information, so be sure to advise the Sports Medicine Clinic if your coverage changes. Failure to do so may result in delays in authorizing care. It is the responsibility of the policyholder (parent or student athlete), to inform Stanford Sports Medicine of any changes to their insurance information.



Authorization for Medical Care

Stanford's financial responsibility is limited to those cases in which medical care is authorized by our physicians. If a student athlete seeks services from an outside provider, or pursues services recommended by a consultant without pre-authorization by Stanford Sports Medicine, the student is financially responsible for these costs.

Choice of Health Insurance Plan

If you have a health insurance plan that does not allow you to select a Stanford Team Physician as the student's primary physician, or grant guest privileges at Stanford Medical Center, you should have your son or daughter enroll in a local insurance plan. The following options are available, but navigating this process can be quite confusing, so feel free to contact our Insurance Specialist, Charlene Dow (650/736-8979) to assist you.

If you have a health maintenance type of primary insurance (HMO) or a preferred provider (PPO/EPO) plan, with a requirement of referral from a primary care physician, we ask that you call your insurance company to register your son or daughter with Stanford Hospital and Clinics and choose one of our Team Physicians as your Primary Care Physician (PCP). Our Team Physicians can facilitate all levels of care within the Stanford Medical Center. If Stanford Hospital and Clinics is not an option, inquire with your insurance company to see if you can be registered for "guest privileges" at Stanford Medical Center. This will allow your insurance to be in effect at Stanford while your son or daughter is registered in school, and at home during vacations and breaks.

If you have coverage that is not accepted by Stanford Hospital and Clinics (i.e. Kaiser Permanente), please sign up for one of our recommended insurers at the time of registration. Many of these insurance carriers are contracted with our physicians and local clinics and this can facilitate more optimal reimbursement.

Request for Insurance Information

Please reply immediately to any insurance company requests for information such as birth dates, previous medical conditions, or requests for explanations. If the information is not forwarded in a timely manner, you may become responsible for payment.



Prescription Medication

The costs for prescribed medications not stocked in the Sports Medicine Center are the responsibility of the student-athlete.

The Sports Medicine Center stocks some common prescription medications and dispenses these medications on prescription by a physician. The list of medications is reviewed each year. Only those medications stocked in the Clinic are provided to student-athletes free of charge. If a Team Physician prescribes other medications to treat your son or daughter, Stanford Sports Medicine will not cover those pharmacy charges.

Dental Work and Vision Care

Stanford covers dental work that is directly related to injuries that occur to the teeth during conditioning, practice or competition only. Stanford has a policy regarding payment for such items as eyewear and foot orthoses. We ask the student-athlete to make themselves aware of these coverage policies by speaking with their team's athletic trainer.

Braces, Custom and Non-Custom

After your primary insurance is billed for the prescription of a custom or non-custom brace, Stanford Sports Medicine will pay secondary expenses for braces ordered by Stanford Sports Medicine physicians only for athletic related injuries.



Golf carts can only be rented for medical conditions that are determined to be “incapacitating” in nature. See your athletic trainer for the process of ordering a golf cart for this reason. NOTE: The Student Assistance Fund can cover the cost of an approved golf cart rental for medical reasons. However, inappropriate behavior or misuse of a golf cart (including, but not limited to, violation of any of the policies below or reckless or unsafe use) will jeopardize your ability to receive the SAF reimbursement. Per university policy, student use of golf cart-type vehicles for personal transportation, other than for disability-related need or DisGo Cart Service, is PROHIBITED on campus.

Golf carts can also be used for designated university business purposes, which could include transportation during official recruiting visits. In order to operate a golf cart, the user must sign the Medical Certification for Motorized Card permit. This form and instructions can be obtained from the office/department sponsoring the business need for the golf cart. Only the student-athlete assigned the golf cart is permissible to operate it – it cannot be loaned to teammates or friends for use at any time.

When operating a golf cart or golf cart-type vehicles on campus for these approved purposes, all students must obey the policies related to their use, including:

1. Approved and Prohibited Areas
 - Golf cart-type vehicles are restricted to designated streets/paths on campus;
 - Golf cart-type vehicles are prohibited from the inner quad courtyard of the Main Quad and all covered arcades of campus buildings.

2. Parking
 - Parking is allowed only on hard, covered surfaces (asphalt, concrete, brick);
 - Parking is prohibited on soft surfaces (landscaping, unpaved surfaces, tan-bark covered areas);
 - Parking is prohibited from blocking entrances to buildings, stairways, disability ramps or main thoroughfares;
 - Parking vehicles to/against trees is prohibited.

3. Identification
 - All Stanford owned golf carts must bear a university logo with departmental identification. Rental golf carts must have a temporary identification placard on the vehicle at all times of operation.



4. Safety

- Vehicles shall not be operated in a manner that may endanger passengers or other individuals or harm Stanford University;
- Operators must not exceed any posted speed limits and shall operate the golf carts at a reduced speed on walkways and pedestrian areas;
- The vehicle may only transport the number of passengers for which there are seats. Passengers must remain seated during the vehicle's operation.

5. Electric vehicle charging

- Electric vehicles may only be charged at locations designated for such use;
- The areas can be identified by the University Electric Shop and Housing's Maintenance Shop;
- Use of extension cords from inside buildings to vehicles is prohibited.

6. Enforcement

- Public Safety enforces the appropriate and safe operation and parking of golf cart-type vehicles and may issue tickets accordingly. Improperly parked vehicles may be towed, 'booted' or otherwise disabled by Public Safety;
- Failure to follow this policy may result in disciplinary action and a referral to the Judicial Affairs Office for investigation as a possible violation of the Fundamental Standard.



The mission of the Stanford's Sports Nutrition Department is to provide evidenced-based performance nutrition expertise to Stanford University varsity athletes based on individualized strategies as part of a collaborative team to enhance sport performance by improving nutrient intake, supporting health, and optimizing recovery from sport or injury.

Sports Nutrition Suite

Location & Hours: Located at 641 East Campus Drive, on the ground level of the Arrillaga Family Sports Center, office Suite 001. The Sports Nutrition Suite houses Sports Dietitian office and a waiting area for student-athletes prior to appointments.

Sports Dietitians are available upon appointment. During the academic year, the Nutrition Suite is typically accessible between 9:00am - 5:00 pm.

Contact Information: Olympic Sports: 650/723-7593 Football: 602/578-6734

Facility Use: Arrillaga Family Sports Center requires ID card access to enter the building.

Farwell Family Fueling Station

Location & Hours: Located at 641 East Campus Drive, on the ground level of the Arrillaga Family Sports Center, in the corner of the weight room. The Farwell Family Fueling station is a pre and post training tool provision for optimizing nutrition intake for performance.

During the academic year the Fueling Station is typically open the following hours:

Monday- Friday: 8 am-5pm

Hours are subject to change and are typically modified for holidays, dead week and finals week. Summer hours are adjusted based on training schedules.

Contact Information: Please reach out to your team sports dietitian with any questions or dietary needs. The fueling station staff is available during fueling station hours to assist with nutrition education and best choices for performance needs as well.

Facility Use: Arrillaga Family Sports Center requires an active student ID card access to enter the building. Nutrition items are available to all current varsity student-athletes during Fueling Station operating hours. The student-athlete will be asked to enter their name upon ordering snacks at the counter.



Nutrition Services

Provide for additional pre, during and post training snacks to help close the gap of calorie needs between meals for varsity-student athletes. Each student-athlete has a specific amount of points per day to select fuel items. The fueling station provides an array of options based on nutrition need and preference, some examples are as follows, though items are subject to change:

- Pre-and during training options: apple sauce packet, fruit snacks, fresh fruit, Luna bar, Gatorade
- Post training options: Muscle Milk, Kinera, Orgain (vegan and regular) shakes and chocolate milk
- Snack options: Sandwich, overnight oats, cut fruit, oatmeal, pretzels, trail mix, nuts, a variety of granola and protein bars etc. Staff are readily available to answer questions and assist with optimal choices for specific training needs and individual goals.

Sport Specific	<ul style="list-style-type: none"> • Body composition changes & muscle gain • Weight management: making weight (weight class sports), improving power to weight ratio • Hydration, cramping prevention • Pre, during & post workout recovery • Fueling timing & optimization • Travel eating • Meal coaching & planning • Supplement safety & recommendations
Life & Wellness	<ul style="list-style-type: none"> • Lifestyle diets, navigating needs for performance • Preventing nutrient deficiencies • Meal timing/ navigating dining options on campus • Grocery store tours • Energy balance • Fatigue prevention
Medical Nutrition Therapy	<ul style="list-style-type: none"> • Food allergies & intolerances • Altered nutrition related lab values (ie: low iron or vitamin D) • Peri- operative/ injury needs • Disordered eating/ eating disorders • Gastrointestinal discomfort or disorders

If you have an eating concern not listed, or are worried about a teammate's eating, please feel free to reach out to your team dietitian.

Body Composition Assessment and Interpretation

We have several mechanisms available for measuring body composition for use at the team sports dietitian's discretion. All body composition measures for Olympic sports will be conducted by Sports Medicine or Sports Nutrition Staff. We reserve the right to deny measurement to any athlete we feel would not benefit from this information.

Team Education

Provisions include team talks/ discussions on specific team nutrition needs or life skills for healthy eating and performance fueling, such as grocery store tours or cooking demonstrations.



Before consuming any nutritional/dietary supplement product, it is strongly advised that you consult your team sports dietitian. All Stanford Athletics Sports Dietitians are designed supplement advisers.

Please note the following NCAA warning if considering supplementation:

- Dietary supplements are not well regulated and may cause a positive drug test result.
- Student-athletes have tested positive and lost their eligibility due to using dietary supplements.
- Many dietary supplements are contaminated with banned drugs not listed on the label.
- Any product containing a dietary supplement ingredient is taken at the student-athlete's own risk. This includes, but is not limited to protein powders, vitamins, minerals or pre/post workout supplements.

Note: there are no specific "NCAA approved" supplements. Supplement store employee recommendations and approval do NOT take the place of a Stanford Sports Nutrition product review.

Definition of a dietary supplement: A product intended to supplement the diet that contains one or more of the following:

- Vitamin
- Mineral
- Herb or other botanical
- Amino acid
- Dietary substance intended to increase total calorie intake
- A concentrate, metabolite, constituent, extract, or combination of any of the above ingredients

Supplements are not typically used/recognized as a conventional food or as a stand-alone meal item and may or may not be labeled as a dietary supplement.

Common Athletic Supplements include:

- Vitamins
- Minerals
- Any specialty hydration products besides Powerade and Gatorade
- Powders
- Gels/gummies
- Bars



The NCAA bans the following classes of drugs:

- Stimulants
- Anabolic Agents
- Alcohol and Beta Blockers (banned for rifle only)
- Diuretics and Other Masking Agents
- Street Drugs
- Peptide Hormones and Analogues
- Anti-estrogens
- Beta-2 Agonists

Note: Any substance chemically related to these classes is also banned.

The student-athlete will be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified on the label.

Drugs and Procedures Subject to Restrictions

- Blood Doping
- Local Anesthetics (under some conditions)
- Manipulation of Urine Samples
- Beta-2 Agonists permitted only by prescription and inhalation
- Caffeine if concentrations in urine exceed 15 micrograms/ml

Some Examples of NCAA Banned Substances in Each Drug Class

- Stimulants
 - amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexanamine, “bath salts” (mephedrone) etc.
Exceptions: phenylephrine and pseudoephedrine are not banned.
- Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione)
Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; ostarine; stanozolol; stenbolone; testosterone; trenbolone; etc.
- Alcohol and Beta Blockers (banned for rifle only)
Alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.



- Diuretics (water pills) and Other Masking Agents
Bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.
- Street Drugs
Heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (e.g., spice, K2, JWH-018, JWH-073)
- Peptide Hormones and Analogues
Growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.
- Anti-Estrogens
Anastrozole; tamoxifen; formestane; ATD; clomiphene; etc.
- Beta-2 Agonists
Bambuterol; formoterol; salbutamol; salmeterol; etc.

Additional examples of banned drugs can be found at www.ncaa.org/drugtesting.

Any substance that is chemically related to the class, *even if it is not listed as an example*, is also banned. Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting the Resource Exchange Center, REC, 877/202-0769 or www.drugfreesport.com/rec password ncaa1, ncaa2 or ncaa3. These lists are subject to change.

It is your responsibility to check with Sports Nutrition staff before using any supplements.

The image is a monochromatic red-tinted photograph of a courtyard. In the foreground, there is a dense field of orange-red flowers. The middle ground shows a paved courtyard with several arches. People are walking through the arches. In the background, there are palm trees and a building with a tiled roof. The text "SPORT PSYCHOLOGY" is centered in the middle ground in a bold, white, sans-serif font.

SPORT PSYCHOLOGY



Purpose: We are licensed psychologists with specialized training and expertise in sport & performance psychology and student-athlete mental health. We are committed to providing holistic, integrative psychological and performance interventions tailored to the unique needs of student-athletes. We meet with individual student athletes and serve as the primary liaison with specific varsity teams for consultation and team interventions. Student-athletes may request to work individually with any provider based upon schedule availability and needs/preferences of the student-athlete. Postdoctoral psychology fellows also provide individual counseling under the supervision of licensed psychologists.

Location:

Sports Medicine Center, 341 Galvez Street
Arrillaga Center for Sports & Recreation (lower level)
Main Phone Number: 650/725-8202

Contact Information:

Dr. Kelli Moran-Miller, Associate Athletics Director for Mental Health & Performance Psychology, is a licensed psychologist and Certified Mental Performance Coach. She uses an integrative, strengths-based, student-centered approach that is grounded in cultural humility to assist student-athletes in the achievement of personal, educational, and sport goals.

Dr. Sonali Wason, Assistant Director of Sport Psychology for Stanford Athletics, is a licensed clinical and sport psychologist. She uses a collaborative, strengths-based approach grounded in multicultural humility when working with teams and individuals towards their personal, sport, and academic goals.

Dr. Lisa Post, Chief of Sports Medicine in Psychiatry (Dept of Psychiatry & Behavioral Sciences), is a licensed psychologist who specializes in working with athletes and coordinates psychiatry referrals. Her office is on campus at 401 Quarry.



The mission of Stanford Sport Psychology is to provide comprehensive sport psychology services and resources that support you in thriving and becoming your best; promote mental wellbeing, and optimal performance; and contribute to an inclusive athletic department.

Our services include confidential individual counseling and performance psychology, team services, educational outreach, and consultation on mental health concerns and performance psychology for coaching staff. To further assist our student-athletes, we offer specialized care referrals and medication evaluation and management through the Department of Psychiatry and Behavioral Sciences Athlete Mental Health Clinic.

Individual Counseling & Performance Psychology

Individual meetings are provided with no out-of-pocket costs to you. They are an opportunity to maximize personal strengths, explore factors that may be preventing you from reaching your potential athletically, academically or personally, and develop skills to thrive in life. Meeting times and length are flexible and focus on developing strategies and skills to meet established goals.

Student-athletes meet with us individually for a range of reasons that include, but not limited to:

	<h3>Performance Optimization</h3>	<ul style="list-style-type: none"> •Identify Mental Strengths •Confidence & Composure •Mindfulness & Focus •Imagery •Performance Routines •Energy regulation & Relaxation •Commitment & Goal-Setting •Leadership Skills
	<h3>Life & Performance Challenges</h3>	<ul style="list-style-type: none"> •Performance Anxiety •Family & Relationship Challenges •Stress Management & College Adjustment •Motivation, Burnout, & Sport Retirement •Identity Exploration •Coping with Injury •Optimal Sleep
	<h3>Mental Health Concerns</h3>	<ul style="list-style-type: none"> •Mood concerns; Depression, Anger, Loneliness •Anxiety Disorders •Depression •Disordered Eating •Substance Use Concerns •Trauma •Sleep Disorders



Team or Group Services

Team sessions and workshops address the unique needs of the participating team and provide memorable active learning experiences that build team unity, reinforce team mission and vision, clarify team goals, roles, and responsibilities, and teach mental skills to improve team and individual performance.

Sample topics include, but are not limited to:

- What is Sport Psychology and how it can help you?
- Achieving a championship mindset
- Maintaining focus and composure
- Building confidence
- Goal Achievement
- Optimizing self-talk
- Effective communication
- Mindfulness/Staying in the present moment
- Improving team dynamics
- Effective imagery and visualization
- Leadership Development
- Stress Management

Scheduling An Appointment

As part of Stanford Health Care, these services are provided to you with no out of pocket expenses. Appointments can be made by:

1. Requesting an appointment through our website: <https://gostanford.com/sports/2020/8/18/sports-psychology.aspx>
2. Calling us at 650.725.8202.
3. Reach out with questions to a Sport Psychology Team Member
 - a. Dr. Kelli Moran-Miller kmoranmiller@stanford.edu 650.736.7748
 - b. Dr. Sonali Wason drwason@stanford.edu 650.497.1539



Confidentiality

Feelings of trust and safety are critical for personal growth and relationship building. Therefore, confidentiality is taken quite seriously. **ALL** conversations and correspondence between you, the student-athlete, and your sport psychology provider remain confidential except where disclosures are required under the law. Any information discussed will **NOT** be shared with coaches, sports information, media, or any other member of DAPER without your written consent or in instances where disclosure is required by law.

What to Expect

Services are provided with no out-of-pocket cost to currently enrolled Stanford student-athletes. The initial meeting typically lasts about an hour and includes time for discussing current concerns, relevant history, and goals. Follow-up sessions typically last 30 to 45 minutes and occur once every week or two. Appointment times and length are flexible. Performance psychology consultation also may include a brief talk at practice or in passing. All sessions focus on developing strategies and skills to meet established goals. Student-athletes are encouraged to work collaboratively and provide feedback to make sure that individual services are meeting needs and expectations.

A red-tinted photograph of a courtyard with arches and palm trees. The text "SPORTS PERFORMANCE" is overlaid in white, bold, sans-serif font in the center of the image. The scene shows a large, light-colored building with a tiled roof and several arched openings. In the foreground, there is a dense field of orange flowers. Several people are visible walking through the courtyard. The overall mood is warm and academic.

SPORTS PERFORMANCE



Purpose: The mission of the Stanford University Sports Performance program is to create the most comprehensive player development program in collegiate athletics with emphasis on injury prevention, athletic performance enhancement and mental discipline development.

Location:

Arrillaga Family Sports Center
Maples Pavilion
Arrillaga Practice Gymnasium and Weight Room

Contact Information:

Ryan Deatrick – Kissick Family Assistant Athletics Director, Football Sports Performance
deatrick@stanford.edu
650/498-9014

Ray Tam – Assistant Athletics Director, Olympic Sports Performance
tyler.friedrich@stanford.edu



Training Facility Expectations

1. Our Code of Conduct focuses on four main areas: technique, effort, attitude, and mental discipline.
 - a) **Technique:** Safety is our number one priority in all aspects of training and proper lifting technique is required at all times. Free weight exercises require the use of collars at all times and spotters when appropriate. Use caution when loading and unloading weights, do not drop weights or leave weights on the floor. Most importantly, know your limitations as communicated prior with you by the sports performance and athletic training staff.
 - b) **Effort:** Your best effort is expected every day. Establish consistent work habits and be accountable to your teammates. Positive energy will help you overcome adversity.
 - c) **Attitude:** Align your choices with your goals. Seek coaching and challenge yourself to improve. Excuses are not accepted and will only erode your self-respect and confidence.
 - d) **Mental Discipline:** Invest in the process of your development. Concentrate on what you can control by focusing on the task at hand.
2. Only current and approved former Stanford athletes as well as Athletic Department staff are allowed to train in Stanford Athletic Weight-Room Facilities. Prior communication with the sports performance staff must be made for former student-athletes and athletic department staff so usage will not interfere with current student-athlete training sessions.
3. Any student-athlete, sport coach, or staff member using a sports performance facility must be in good physical condition and provide proof of a passed physical exam with a licensed medical doctor within the last 12 months.
4. Student-athletes must not train unsupervised. All student-athletes must be scheduled by their sports performance coach. Please conduct yourself in a manner that will not endanger you, the athletes around you or disrupt a training session. Use all equipment as it is intended to be used. If you are unfamiliar with a piece of equipment, ask for assistance from the sports performance staff. Please report any broken, damaged, or malfunctioning equipment immediately.
5. For safety purposes, all hats and jewelry (rings, chains and watches) must be removed before each training session.
6. All training cards/folders, weight plates and dumbbells are to be returned to the proper place when finished. Strip all bars and plate loaded equipment down when finished.
7. Stanford issued training attire must be worn at all times. Proper footwear must also be worn – no open-toe shoes allowed.
8. With the exception of approved sports supplements, food, drink, chewing gum and tobacco products are not allowed in the weight room.

The image is a full-page background photograph with a strong red color cast. It depicts a university courtyard. In the background, there is a long, single-story building with a terracotta-tiled roof and a series of arches. Several palm trees are visible behind the building. In the middle ground, there are several statues of figures in traditional or historical attire. People can be seen walking through the arches. The foreground is dominated by a dense field of bright orange flowers. The text 'ATHLETICS COMMUNICATIONS' is centered in the middle of the image in a bold, white, sans-serif font.

ATHLETICS COMMUNICATIONS

ABOUT ATHLETICS COMMUNICATIONS



Location: Arrillaga Family Sports Center, Suite 116

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Stanford's athletic communications office serves as the liaison between the constituents of Stanford's 36 varsity sports and the local, national and international media.

The office strives to showcase the academic and athletic accomplishments of all Stanford student-athletes while growing the Stanford brand and serving as the chief public relations branch of Stanford Athletics.

Specific responsibilities include, but are not limited to: leading and executing all publicity aspects for Stanford's intercollegiate athletic program, managing sport-specific social media platforms, providing facilitating and overseeing all media interviews; content creation; handling credential requests; nominating student-athlete and coaches for a variety of awards, coordination of on-site gameday operations; producing informational and promotional publications; writing and distributing press releases and compiling and distributing statistical information; updating GoStanford.com with up-to-date information in a timely manner.

The department works collaboratively with all divisions of Stanford's intercollegiate athletics program, particularly in the areas of marketing, fan experience, video services and ticket sales to advance an integrated public relations platform that reflects positively on the image of Stanford University.

The athletic communications office is staffed by professionals who strive to represent Stanford Athletics and the University by creating a positive, friendly, cooperative, service-orientated and professional environment for the many customers it serves on a daily basis.

Target Audiences	Key Communication Vehicles
<ul style="list-style-type: none">• National and local media outlets• Student-athletes• Coaches• Staff• University officials• Alumni• General public• Parents• Recruits and prospective students• Other universities	<ul style="list-style-type: none">• Twitter• Instagram• Facebook• GoStanford.com• YouTube• Video and television• E-mail distribution lists• Print media• Electronic media• Online media



Key Communication Strategies

- Creative online editorial and video content across all social media platforms.
- Produce informative and attractive athletic publications that exceed industry standards.
- Proactively pitch stories to local and national media.
- Promote Stanford student-athletes for various academic and athletic awards.
- Work collaboratively with DAPER staff, particularly in the areas of marketing, tickets, community and external relations to advance an integrated public relations platform.
- Provide guidance and training and student-athletes and coaches in dealing with the media.
- Maintain a courteous, positive, professional and attentive demeanor at all times, as our actions reflect the image of Stanford Athletics and the University.
- Build relationships with student-athletes, coaches, administrators, alumni and media.
- Produce informative and timely game notes and press releases.
- Promote Stanford's rich history of athletic success in order to strengthen ties with alumni.
- Maintain meticulous and accurate statistics on all student-athletes and teams.
- Provide a professional, efficient and friendly working environment for all media partners covering events on our campus.

Our Policy

- We firmly believe it is in the best interest of Stanford and our student-athletes to provide optimum services to the media and public at large. At the same time, we realize that a student-athlete's studies, team practice, competition schedule and social life come first. We will do our best to coordinate interviews and other media requests accordingly.
- If a student-athlete feels overloaded with too many interview requests or wants advice on how to conduct an interview, please speak with a member of the staff. We are here to assist student-athletes and coaches in the way they handle themselves with the media.
- We are at your service and encourage you to call or e-mail anytime a media-related question arises.



The primary way you will deal with the media is through interviews. Most interview topics are about your team and yourself. Interviews should be looked at as part of the educational experience offered at Stanford. Interviews can help you develop communication skills that can assist you not only in the classroom but in future professional and business careers. The more interviews you do, the better you will become at doing them and the more fun they will be. We encourage you to make yourself available for media interviews, especially because as student-athletes you have the opportunity to be tremendous representatives of Stanford University.

Our Guidelines For You

1. Only conduct interviews which have been arranged by a member of the Athletics Communications office. Phone interviews should be done in the Athletics Communications office unless other arrangements are made.
2. Do not provide your phone number (or a fellow student-athlete's number) to a media member. You don't want a late-night phone call or text from a reporter catching you in a time of crisis.
3. If you have an interview scheduled, show up, be on time and wear appropriate attire that properly represents you as a Stanford student-athlete. Because of deadlines, the media relies on you to be on time. Should you ever have a problem making a prescheduled appointment, always call the athletics communications office as soon as you become aware of the issue.

Tips To Consider When Doing Interviews

- Notify the Athletics Communications team if there are subject areas that are off limits. You have the right to know something about both the reporter and the subject matter before agreeing to the interview. You don't have to do an interview that you don't feel comfortable doing, but there is an appropriate way of denying the request.
- Show up on time for all interviews. If not, you could get the interview off on the wrong foot.
- Remember your audience. You may be speaking to one reporter, but the real audience for your remarks is the many fans who will read or listen to your comments through the representative of the media outlet with which you are speaking.
- Your goal with the media should be to place yourself in the best possible light with the real audience -- the fans. You can do this by always delivering a positive message no matter the circumstances. When you win, don't be arrogant and cocky. When you lose, don't criticize others.



- It is perfectly fine for a journalist to ask just about any question, no matter how much it might offend you. You can't control the questions, but you can control the answers. Think carefully before answering a question. Think about how it will affect others. Always remember that you choose how to answer a question or whether to answer at all. You can often avoid answering a question at all and still be considerate by changing the subject matter in your answer.
- Appreciate tough questions and prepare answers beforehand. Don't be caught off guard. Pause and collect your thoughts. You'll earn more respect from the media and the public if you talk after losses or bad performances.
- Think before you speak. If you don't have something nice to say, don't say it. Speak positively about teammates and coaches ... and opponents. You don't want your comments to become bulletin board material.
- Don't let negative questions lead you down the wrong path.
- You will be more effective in your interviews if you take the offensive with the media in a positive manner. It starts with being prepared. Prepare your thoughts in advance, take a deep breath and relax.
- Be colorful. Be likeable. Show your personality.
- Be honest in your replies, but also realize that you have the right to protect your privacy. When possible, steer reporters to topics you want to talk about and keep an emphasis on the positive rather than the negative.
- If you're asked a question of a sensitive nature, you don't have to answer it. It's fine to say, "I'd prefer not to discuss the subject." But do not say, "No comment." That implies guilt and suspicion.
- Don't make "off-the-record" comments to reporters. This means that you tell them something confidentially in exchange for asking them not to use it in their stories. There is no reason to give sensitive information that you would not want used in a story to reporters.
- Some reporters build uncomfortable pauses into the interview that are designed to get more information from you. Answer the question with a short, direct reply and then wait for the next question. Put the ball back into the reporter's court.
- Never belittle a reporter even if they ask you what you might consider to be a "stupid" question or one that you heard many times. Reply professionally with your answer and wait for the next question.



- Appearance can say more than words. Much of the impression you make in on-camera interviews results from your personal style and body language. This includes your attire and facial expressions.
- When doing television and radio interviews, keep your answers short and simple (20 seconds or less is a good rule of thumb). Speak louder than normal and really try to enunciate clearly as the microphone may also pick up background noises. For on-camera interviews, look at the interviewer and not the camera, unless you are doing a live talkback shot with an in-studio announcer. If the interview isn't live, do not hesitate to stop and ask if you can repeat your answer.

Media Policy Reminder

We ask the media to direct all interview requests to the Athletics Communications office. We will contact the student-athletes and work around your schedule. If several members of the media want to interview you, we'll arrange for them to all interview you at the same time (possibly through a conference call) to help save you time.

Following the conclusion of games, coaches and student-athletes are expected to make themselves available for media interviews within a reasonable amount of time (generally after a 10-minute "cooling-off" period). Postgame interviews will normally be conducted either in front of a group of media, as a one-on-one interview, or a live interview on radio or television. While it is understood that after a tough loss talking to the media may be difficult, you are still expected to be cordial and available to the media after all wins and losses no matter what has transpired in the event.

Interview DO's and DON'T's

<u>DO:</u>	<u>DON'T:</u>
<ul style="list-style-type: none">• Be prepared• Be positive• Praise your teammates• Keep it short and simple• Smile• Be enthusiastic• Be personable• Be available and cooperative• Be polite in difficult situations• Turn negatives into positives	<ul style="list-style-type: none">• Say "No comment"• Be negative• Hide• Lose your cool• Use "um, you know, like"• Go "off the record"• Be sarcastic• Have an attitude• Use slang• Be late

A photograph of a university courtyard with a tiled roof and arches, overlaid with a red tint. The text "UNIVERSITY RESOURCES" is centered in white. The courtyard features a series of arches supported by columns, with palm trees in the background and a field of orange flowers in the foreground. Several people are visible walking through the courtyard.

UNIVERSITY RESOURCES



Dean of Students

The Dean of Students Office provides strategic leadership and management in the care and experience of students through individual support and case management services, in oversight of graduate and undergraduate programming, in policy and programmatic decision-making related to student community life, and in supporting the health, well-being and inclusivity of the student population.

Centers for Equity Community and Leadership (The Centers)

The Centers at Stanford are part of a tapestry that speaks into the conscience of the institution. Each Center's work has been, and continues to be, integral to the advancement of equity at Stanford, the deepening of intellectual engagement, and the cultivation of well-being for Stanford students.

- Asian American Activities Center
- Black Community Services Center
- El Centro Chicano y Latino
- First Generation and/or Low-Income Student Success Center
- The Markaz Resource Center
- Native American Cultural Center

Stanford Career Education

Stanford Career Education (CareerEd) partners with students and recent alumni to find internships and jobs, explore careers, establish connections, and more.

Haas Center for Public Service

The Haas Center for Public Service connects Stanford students with opportunities to serve communities locally, nationally, and around the world.

Bechtel International Center

The Bechtel International Center supports Stanford's international students, alumni, and scholars.

Office for Religious & Spiritual Life (ORSL)

ORSL nurtures spiritual life on campus by hosting religious services and celebrations, supporting vibrant religious student organizations, and fostering religious engagement. Find a home among us by connecting to one or our many diverse communities of faith.



Student Services

Tresidder Memorial Union, Suite 4 (2nd Floor)

459 Lagunita Drive

Learn more: studentservices.stanford.edu/my-finances

Explore these resources to understand Stanford tuition and fees, your student bill and payment system, other funding sources, and more.

Office of Accessible Education

563 Salvatierra Walk

Phone: 650/723-1066

Learn more: oea.stanford.edu

The Office of Accessible Education (OAE) is the campus entity designated to work with Stanford students with disabilities, at both the undergraduate and graduate levels (including the professional schools). The OAE provides an array of support services, accommodations, and programs to remove barriers to full participation in the life of the University.



Stanford Dining

693 Pampas Lane

Phone: 650/725-1508

<http://dining.stanford.edu>

Stanford University's Residential Education program promotes the philosophy that living and learning are integrated and that formal teaching, informal learning, and personal support in residences are integral to a Stanford education. Meals play a key role in this mission of community building, leading, and learning. Therefore, residents of specially designated University residence halls (Branner, Crothers/ Crothers Memorial, Florence Moore, Gerhard Casper Quad, Lakeside, Sterling Quad (Ricker), Stern, Toyon, Wilbur, Yost, Murray, and EAST), Suites, Row Houses and CO-OPs are required to participate in a R&DE Stanford Dining Meal Plan.

R&DE Stanford Dining is Committed to Excellence by providing Meal Plans that offer significant value, the highest quality, and maximum flexibility of dining across campus, along with a daily variety of delicious, nutritious options including vegetarian, vegan, nut-free, kosher and halal. The [Food Allergies@Stanford](mailto:FoodAllergies@Stanford) program offers support and dining accommodations to students with food allergies or other dietary concerns.

Most dining halls provide pre-arranged (by you) late plates for those who will miss lunch and/or dinner that day (e.g. because practice ends outside of the meal period). Ask the staff at your dining hall for details.

If you live off-campus or at Mirrielees, and are on full-scholarship, you will be provided with a stipend check for the board element of your scholarship for that quarter.

Student Housing Services

R&DE Student Housing Operations

565 Cowell Lane

650/725-1600

<https://rde.stanford.edu/contact-us>

R&DE Student Housing Assignments

408 Panama Mall Suite 101

Phone: 650-725-2810

<https://rde.stanford.edu/studenthousing/assignments-contracts>

The diverse system of undergraduate housing at Stanford provides students with a variety of educational settings including academic theme and focus houses, self-managed houses, apartments, and suites, in addition to traditional dormitories. All houses are staffed with student resident assistants. First-year students are required to live on campus and approximately 90 percent of the upper-class students choose on-campus housing.



Stanford Athletics relies heavily on philanthropic support to fund all 36 varsity programs and the experiences of nearly 900 student-athletes. Philanthropy is the number one revenue source for Stanford Athletics. The two main forms of philanthropic gifts to Stanford Athletics are endowed support and annual gifts to the Buck/Cardinal Club or any of our 36 varsity programs.

Endowments

Endowments provide a permanent source of financial support for the athletics department. Endowed scholarships, likely the most recognizable endowment, allow Stanford to recruit the best possible student-athletes. Once established, these scholarships exist in perpetuity and are named after the donor or after someone the donor wishes to honor.

The athletics department awards the equivalent of more than 350 full scholarships. Of the Cardinal's nearly 900 student-athletes, over 500 receive support, in various amounts, from at least one of these funds. If you'd like to find out if you have a scholarship donor or wish to meet your scholarship donor, please inform your head coach and the development staff can work with them to set this up.

Other types of endowments, such as coaching and program endowments, have also been established to help fund different aspects of your student-athlete experience.

Buck/Cardinal Club and Sport Specific Giving

The Buck/Cardinal Club is Stanford Athletics' annual fund and is a top priority for the athletics department. It provides scholarship aid and program support to all varsity programs and student-athletes. Program support includes, but is not limited to, summer school tuition, recruiting, travel, nutrition, equipment, and sports performance. Donations to the Buck/Cardinal Club and our varsity programs are critical in providing the best possible experience for student-athletes.

Nearly 4,700 families support our student-athletes each year through the Buck/Cardinal Club or sport specific gifts. Former student-athletes, alumni, parents, friends, and fans all donate to the annual fund in a show of support for Stanford student-athletes.





How You Can Help

From time to time, you may have a chance to interact with the development team and donors. We want these opportunities to be meaningful for you during your time at Stanford and we appreciate your willingness to be an ambassador for your programs. Some of the ways you may be involved include:

- Get to know your scholarship donor! As a scholarship recipient, you are encouraged to make these connections. Over the years many of these connections have grown into meaningful, lifelong relationships.
- You may be asked to participate on a student-athlete panel at a volunteer board meeting or other donor event.
- Your team may participate in a call night to thank donors to the Buck/Cardinal Club and your sport.
- We often request quotes or video content from student-athletes for use in Buck/Cardinal Club collateral—mail pieces, social media posts, or other circulated material.

If you have any questions or would like more information, please visit us in the development suite in the Arrillaga Family Sports Center, email buckcardinal@stanford.edu, or call us at 650-721-2410.