



NCAA RULES: A GUIDE FOR PARENTS OF STUDENT-ATHLETES



These guidelines explain that as a parent you now

potentially fall into two different categories according to NCAA Rules. When parents make donations they become boosters, and must follow all NCAA rules applicable to this group. Just keep in mind that even though it is your son or daughter participating in collegiate athletics, many rules also apply to you and your actions. Here are some ways to support the Hornets and stay compliant with NCAA rules.

On an occasional basis parents may provide a team with a meal, either while they are traveling or near campus. This meal can be at your home or at a restaurant. Talk to the coaches to coordinate this type of meal.

You can also make donations of "Gifts-In-Kind," for example buying practice uniforms for the team which are donated directly to the Athletic Department for issuance and retrieval by institutional guidelines (approved in advance of purchase by the Athletic Department).

Welcome!

The purpose of this guide is to educate the parents of Sacramento State student-athletes about the ever-changing rules in intercollegiate athletics. As relatives of student-athletes there are National Collegiate Athletics Association (NCAA) rules that relate to you. This guide will deal with those NCAA and Big Sky rules that apply not only to you but to your son or daughter as well. While this guide is not all inclusive, it will provide a sample of the type of compliance issues you and/or your son or daughter will encounter during his or her time as a Sacramento State Student-Athlete. Go Hornets!



Competition: Five-Year Clock

Student-athletes may not engage in more than four seasons of competition in any one sport within five calendar years. A student-athlete's five-year clock starts when the student-athlete initially registers in a regular term of an academic year for a minimum full-time program of studies (12 credit hours) and attends his/her first day of classes for that term. A student-athlete uses a season of competition if he/she participates in any competition, regardless of the length of time, during a season. For example, if an athlete plays in one minute of one game, he/she has used a season of competition in his/her sport. There one exception to this rule is that during a student-athlete's initial year of enrollment at a four-year institution, he or she may compete in preseason exhibition contests and preseason practice scrimmages without counting such participation as a season of competition (if applicable in his/her sport). A student-athlete who does not compete at all during one of his/her seasons will not use a season of competition. This is commonly referred to as a "redshirt" year. A student-athlete may only receive one "redshirt" year within his or her five-year clock.



SACRAMENTO STATE
STINGER ATHLETIC ASSOCIATION

How can you be involved & still abide by the NCAA rules?

Join the **Stinger Athletics Association** A Booster program founded and developed to raise money for Sacramento State Athletics. Call 916-278-4263 or visit our website:

<http://www.hornetsports.com/stingers/info.asp>



Complimentary Admissions

Sacramento State may provide a student-athlete with a maximum of four complimentary admissions (free tickets) per regular season home and away competitions. Student-athletes may not receive “hard” tickets, because complimentary admissions may be provided only through a pass list for individuals designated by the student-athlete. Student-athletes may assign these complimentary admissions to family members, relatives and/or friends. Those individuals must present identification at the admission gate in order to receive their general admission ticket. Neither the student-athlete, nor the individual designated to receive the ticket, may exchange the ticket for money or any item of value. Doing so would result in a violation of NCAA legislation.

Representatives of Athletic Interest (Boosters)



As the parent of a Sacramento State student-athlete, you should be aware that the NCAA has imposed limitations and boundaries on the kinds of interactions you may have with people whom the NCAA defines as “representatives of the institution’s athletics interests” (i.e. Boosters).

The definition of a booster is:

“Any individual who has ever been a member of an institution’s booster club, has ever made donations to a booster club or the athletics department, is involved in any manner in providing benefits (e.g., summer jobs, occasional meals) to enrolled student-athletes, or is otherwise involved in promoting the institution’s athletics programs.”

The NCAA stipulates that once a person has been identified as a booster of Sacramento State athletics interests, he/she **retains this status forever**.

This is true even if the person no longer contributes to the athletics program. While your son/daughter is enrolled at Sacramento State it is a possibility that you may befriend a person who is defined per NCAA regulations as a representative of the University’s athletics interests.

If this occurs, please be aware that your friendship with a booster does not change his or her status nor your responsibility as far as maintaining compliance with NCAA rules is concerned. In general, these individuals may not provide benefits to you or your son/daughter.



Sports Wagering

The NCAA prohibits student-athletes from knowingly providing information to individuals involved in organized gambling activities concerning intercollegiate athletics competition.

In addition, student-athletes may not solicit a bet on any intercollegiate team or accept a bet on any gambling activity involving intercollegiate athletics or professional athletics through a bookmaker, parlay card, internet gambling, fantasy leagues that award a prize or require a fee to participate or any other method employed by organized gambling. Just remember the NCAA motto, Don’t Bet on it!

Extra Benefits

This guideline provides information on many topics relating to NCAA rules that you should be aware of as the parent of a Sacramento State student-athlete. One of the areas that causes the greatest number of questions and concerns involve a student-athlete's or a family member's receipt of an "extra benefit."

An extra benefit is considered the receipt of any gift by a student-athlete or a student-athlete's relative or friend at a free or reduced cost, or any special arrangement that is not available to the general public and all other students at Sacramento State.

The receipt of a benefit not authorized by NCAA regulations by a student-athlete or his/her parents could immediately jeopardize the student-athlete's eligibility for intercollegiate athletics competition.

Examples of an extra benefit would include any of the following:



- Anything from an employee of Sacramento State or a Booster (e.g., use of a car, hair cut, clothing, gifts, money, tickets for any kind of entertainment, payment of long distance phone calls, lodging).

- Meals provided to parents of a student-athlete by a representative of the University's athletics interests or an employee of Sacramento State.

- Free or reduced priced merchandise or services from any merchant unless that free or reduced cost item is also available to the general public at the same rate.

- Special discount, payment arrangement or credit on a purchase (e.g., airline ticket, car rental).



"Always Ask Before You Act"

Sacramento State Office of Compliance:

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www.facebook.com/pages/Sacramento-State-Compliance

NCAA Website

www.ncaa.org

Big Sky Conference

www.bigskyconf.com

Transfer 101

If your son/daughter decides to transfer from Sacramento State to another institution (regardless of division) they must first receive permission from his/her head coach before talking to the second institution. If the student-athlete does not obtain permission to contact the second institution, the coach from that institution may not have any written or verbal contact with the student-athlete.

The general rule regarding transferring from one Division I institution to another Division I institution is that the student-athlete must serve one academic year in residence at the second institution before being eligible for competition. In sports other than baseball, basketball, and FBS football, an athlete may receive a one-time transfer exception from the first institution which allows the individual to be immediately eligible for competition at the second institution upon transfer, provided the student-athlete meets all academic requirements.