

TIPSHEET: SUMMER WORKOUTS & COMPETITION

COACHES: This form is intended to be a guide outlining permissible athletically related activities and assist you in planning summer workouts and competition.

Individual Sports

In most individual sports, a coach may participate in individual-workout sessions with student-athletes from the coach's team during the summer, provided the student-athlete initiates the request for such assistance. This regulation would permit a coach to be involved with more than one student-athlete at a time during summer workout sessions (e.g., group workout), provided the request for such assistance is initiated by each student-athlete (17.C.6.1.1).

A coach may not participate during the summer in individual workout sessions with a student-athlete from the coach's team if the workout session takes place in conjunction with a competition in which the student-athlete is a participant. A coach may not supervise or be involved in any manner with an individual student-athlete from the University's team in summer competition, unless the coach is involved as a coach of an outside team of which the student-athlete is a member and the outside team is entered in the competition (3/4/98 Interpretation).

Coaches in safety exception sports (gymnastics, skiing, swimming and diving, field events) may be present during voluntary individual workouts in the University's regular practice facility. The coach may provide safety or skill instruction but may not conduct the individual's workout (17.13.7, 17.19.7, 17.23.7, 17.27.7, respectively).

Team Sports - Other Than Football

Not more than the following number of athletes with remaining eligibility may practice or compete during the summer on the same outside, amateur team in the applicable sport: Baseball-4; Basketball-2; Soccer-5; Softball-4; Volleyball-2.

Basketball student-athletes competing in summer leagues must first obtain permission from the Athletics Director and complete a Summer League form with the Athletics Compliance Office.

Team Sports – Football

- Summer practice may begin no earlier than 9 weeks prior to the first permissible reporting date of preseason practice.
 - One week must be designated as student-athlete discretionary time.
 - The remaining eight weeks allow NLI signees to be involved in non-mandatory weight training and conditioning activities conducted by the strength coach for no more than eight hours per week.

All Sports

The University may pay fees for the use of University facilities for student-athletes to engage in voluntary athletically related activities (17.C.6.1).

During the summer, University coaches may not observe enrolled student-athletes in nonorganized sport-specific activities (e.g., practices), inasmuch as such activities are considered impermissible, out-of-season, countable, athletically related activity. However, a coach's observation of enrolled student-athletes in organized competition is not considered a countable, athletically related activity, provided the coach does not direct or supervise the organized activity (7/2/93 Interpretation).