

2023-2024

University of Virginia

Student-Athlete Handbook

Contents

[INTRODUCTION 5](#_Toc138947347)

[TEN YEAR GOALS 5](#_Toc138947348)

[ATHLETICS ADVISORY COUNCIL 6](#_Toc138947349)

[GENERAL INFORMATION 6](#_Toc138947350)

[CODE OF ETHICS 6](#_Toc138947351)

[ADDRESS & CONTACT INFORMATION 7](#_Toc138947352)

[STUDENT-ATHLETE AND COACH INTERACTIONS 7](#_Toc138947353)

[TEAM RULES 7](#_Toc138947354)

[ATHLETIC DEPARTMENT RULES & EXPECTATIONS FOR STUDENT- ATHLETES 7](#_Toc138947355)

[EXIT INTERVIEWS 8](#_Toc138947356)

[COMPLIANCE 8](#_Toc138947357)

[NCAA RULES 8](#_Toc138947358)

[ACADEMIC ELIGIBILITY 8](#_Toc138947359)

[BOOSTERS AND VAF DONORS 9](#_Toc138947360)

[EXTRA BENEFITS 9](#_Toc138947361)

[CONFIDENTIALITY OF STUDENT RECORDS 9](#_Toc138947362)

[TIME DEMANDS OVERVIEW 11](#_Toc138947363)

[COUNTABLE ATHLETICALLY RELATED ACTIVITY 11](#_Toc138947364)

[EMPLOYMENT OR SELF-EMPLOYMENT 12](#_Toc138947365)

[SPORTS WAGERING 12](#_Toc138947366)

[PERMISSIBLE PROMOTIONAL ACTIVITIES 12](#_Toc138947367)

[AMATEURISM 12](#_Toc138947368)

[TRANSFERRING 14](#_Toc138947369)

[RESPONSIBILITY TO REPORT VIOLATIONS 15](#_Toc138947370)

[STUDENT HOSTING 15](#_Toc138947371)

[AWARDS 15](#_Toc138947372)

[*Participation Awards* 15](#_Toc138947373)

[*Academic Achievement Awards* 16](#_Toc138947374)

[FINANCIAL AID 16](#_Toc138947375)

[ATHLETICS-RELATED FINANCIAL AID 16](#_Toc138947376)

[RENEWAL, NON-RENEWAL AND REDUCTION OF ATHLETIC GRANT-IN-AID 17](#_Toc138947377)

[APPEAL OF NON-RENEWAL OR REDUCTION OF ATHLETIC GRANT-IN-AID 17](#_Toc138947378)

[VIRGINIA ATHLETICS FOUNDATION 20](#_Toc138947379)

[ENDOWED SCHOLARSHIPS 20](#_Toc138947380)

[THANK-A-THONS 20](#_Toc138947381)

[NAME, IMAGE & LIKENESS 20](#_Toc138947382)

[INSTITUTIONAL INVOLVEMENT 21](#_Toc138947383)

[PROHIBITIONS 21](#_Toc138947384)

[REPRESENTATION 22](#_Toc138947385)

[DISCLOSURE 22](#_Toc138947386)

[ACADEMIC AFFAIRS 23](#_Toc138947387)

[ACADEMIC EXPECTATIONS 23](#_Toc138947388)

[ACADEMIC CALENDAR 23](#_Toc138947389)

[ACADEMIC INTEGRITY 23](#_Toc138947390)

[ADD/DROP PERIOD 23](#_Toc138947391)

[REQUIRED BOOKS AND MATERIALS 24](#_Toc138947392)

[COMPUTER LABS 24](#_Toc138947393)

[LEARNING SPECIALISTS 24](#_Toc138947394)

[LIBRARIES 24](#_Toc138947395)

[ACADEMIC MEETINGS 25](#_Toc138947396)

[ACADEMIC MENTORING AND TUTORING 25](#_Toc138947397)

[CLASS CHECKING 25](#_Toc138947398)

[TRAVEL LETTERS 25](#_Toc138947399)

[SUMMER SESSION 26](#_Toc138947400)

[DEGREE COMPLETION 26](#_Toc138947401)

[STUDENT-ATHLETE DEVELOPMENT 26](#_Toc138947402)

[CAREER DEVELOPMENT 27](#_Toc138947403)

[PERSONAL DEVELOPMENT 27](#_Toc138947404)

[LEADERSHIP DEVELOPMENT 27](#_Toc138947405)

[STUDENT-ATHLETE ADVISORY COMMITTEE 27](#_Toc138947406)

[COMMUNITY SERVICE 28](#_Toc138947407)

[UNIVERSITY LIFE 28](#_Toc138947408)

[MULTICULTURAL STUDENT SERVICES 28](#_Toc138947409)

[OFFICE OF AFRICAN AMERICAN AFFAIRS 29](#_Toc138947410)

[THE GORDIE CENTER FOR ALCOHOL AND SUBSTANCE EDUCATION 29](#_Toc138947411)

[PREVENTING AND ADDRESSING DISCRIMINATION, HARASSMENT, AND RETALIATION 29](#_Toc138947412)

[SEXUAL HARASSMENT AND OTHER FORMS OF INTERPERSONAL VIOLENCE 29](#_Toc138947413)

[STUDENT-ATHLETE MENTOR PROGRAM 30](#_Toc138947414)

[STUDENT DISABILITY ACCESS CENTER 30](#_Toc138947415)

[HOUSING 30](#_Toc138947416)

[SPORT PSYCHOLOGY 31](#_Toc138947417)

[**EMERGENCY ASSISTANCE** 33](#_Toc138947418)

[SPORTS MEDICINE 33](#_Toc138947419)

[RESPONSIBILITIES FOR MEDICAL CARE 33](#_Toc138947420)

[SERVICES AND PROCEDURES 34](#_Toc138947421)

[EMERGENCY TREATMENT 34](#_Toc138947422)

[EYEGLASSES AND CONTACT LENSES 35](#_Toc138947423)

[INSURANCE COVERAGE AND MEDICAL EXPENSES 35](#_Toc138947424)

[INJURY PREVENTION 35](#_Toc138947425)

[MEDICAL CARE REFERRALS 36](#_Toc138947426)

[PRE-PARTICIPATION PHYSICAL EXAMINATION 36](#_Toc138947427)

[TRYOUTS 37](#_Toc138947428)

[ADHD MEDICATION USAGE 37](#_Toc138947429)

[DRUG AND ALCOHOL POLICY 38](#_Toc138947430)

[PREGNANCY 46](#_Toc138947431)

[TRANSGENDER STUDENT-ATHLETES 47](#_Toc138947432)

[STRENGTH TRAINING AND CONDITIONING 47](#_Toc138947433)

[SPORTS NUTRITION 48](#_Toc138947434)

[MEAL PLANS AND DINING SERVICES 49](#_Toc138947435)

[EQUIPMENT ROOMS 50](#_Toc138947436)

[ATHLETICS COMMUNICATIONS 50](#_Toc138947437)

[TICKETS TO ATHLETICS EVENTS 52](#_Toc138947438)

[PARKING AND TRANSPORTATION SERVICES 52](#_Toc138947439)

[UNIVERSITY TRANSIT SYSTEM 53](#_Toc138947440)

# INTRODUCTION

The University of Virginia (“University”) does not discriminate on the basis of age, color, disability, gender identity or expression, marital status, national or ethnic origin, political affiliation, race, religion, sex (including pregnancy), sexual orientation, veteran status, and family medical or genetic information, in its programs and activities as required by Title IX of the Education Amendments of 1972, the Americans with Disabilities Act of 1990, as amended, Section 504 of the Rehabilitation Act of 1973, Titles VI and VII of the Civil Rights Act of 1964, the Age Discrimination Act of 1975, the Governor’s Executive Order Number One (2018), and other applicable statutes and University policies. The University prohibits sexual and gender-based harassment, including sexual assault, and other forms of interpersonal violence.

**ATHLETIC DEPARTMENT MISSION**

The Athletic Department is an integral part of the University’s commitment to educational excellence. Its mission is to enhance and support the intellectual purpose of the University and its exemplary academic standards and traditions.

Critical to the Athletic Department’s mission are high academic achievement; nationally competitive and successful teams; comprehensive integration of student athletes within the University and local communities; a strict adherence to NCAA, ACC, and University rules and regulations; fiscal integrity, which is embodied through the generation and efficient use of resources; the attraction and retention of the highest quality student athletes and staff which includes equitable opportunities for women and minorities.

The Athletic Department pursues its mission by uniting the varied constituencies of the University community through its intercollegiate and intramural programs. These programs are designed to build support for and add value to the academic purposes of the institution while developing students with strong values of leadership, sportsmanship, equity, citizenship, physical fitness, teamwork, and a commitment to excellence.

The operating principles of the Athletic Department require that in pursuing its mission, the Athletic Department will consistently provide exemplary service to all of its internal and external constituencies.

**DIVERSITY STATEMENT**

The Athletic Department is dedicated to creating an environment that promotes diversity, equity, and inclusion amongst our student-athletes, coaches, and athletics staff members. This is exemplified in our recruitment of student-athletes, treatment of employees, and the celebration and acknowledgment of our differences and similarities alike. We are committed to providing opportunities for education and equitable experiences to our student-athletes, coaches, and staff that foster a diverse and inclusive environment.

TEN YEAR GOALS

* Graduate 100% of our student athletes
* Win 12 national championships and 70 conference championships
* Fully endow all of our scholarships and provide operational support required to meet our other stated goals
* Build and maintain the highest quality facilities in the country with the purpose of attracting and developing the best student athletes to the University of Virginia annually
* Based on how coaches rate their top prospects, we will attract our top prospective student athletes to the University of Virginia annually
* Fully comply with Title IX

**INSTITUTIONAL PURPOSE**

The University is a public institution of higher learning guided by a founding vision of discovery, innovation, and development of the full potential of talented students from all walks of life. It serves the Commonwealth of Virginia, the nation, and the world by developing responsible citizen leaders and professionals; advancing, preserving, and disseminating knowledge; and providing world-class patient care.

**TRADITIONS AND EXPECTATIONS**

Our student-athletes graduate at a high rate and achieve great success athletically. These achievements are possible as a result of the expectations below:

* Understanding that earning a degree is the primary goal of being a student.
* Meeting regularly with faculty advisors and deans of the respective undergraduate colleges.
* Meeting all academic responsibilities, including regular class attendance and the completion of all assignments in a timely manner.
* Understanding and complying with all rules and regulations of the NCAA, ACC, and the University.
* Striving to be involved as a full-fledged member of the University community and making a strong effort to derive as much as possible from the educational experience.
* Establishing open and collegial relationships with faculty and other students.
* Understanding the resources that are available in the Athletic Department.
* Understanding that the assumption of personal responsibility is at the heart of the educational experience.
* Understanding student-athletes constantly represent the University, the Athletic Department and their team.
* Committing to academic integrity.

##

## ATHLETICS ADVISORY COUNCIL

The Athletics Advisory Council is comprised of members of the Athletic Department, Faculty/Staff, students and alumni. The Athletics Advisory Council discusses issues related to the Athletic Department and issues that impact the University in general (e.g., academic issues).

The Athletics Advisory Council meets quarterly and more often as needed.

# GENERAL INFORMATION

# CODE OF ETHICS

The University has a highly visible and successful Division I intercollegiate athletics program. Public exposure in the competitive arena and the media places student-athletes among the most visible groups in the University community, the City of Charlottesville, the County of Albemarle, and the Commonwealth of Virginia.

Student-athletes are expected to conduct themselves with integrity, sportsmanship, honesty, pride, and humility. Student-athletes are expected to obey the laws, rules and regulations of all these communities. If a student-athlete violates any of these laws, rules and regulations, they must be prepared for the penalties that may be imposed.

Each student-athlete’s behavior has an impact on the reputation of the Athletic Department. Please remember that student-athletes are viewed as role models, particularly by young children, and it is important that an individual’s personal conduct be above reproach at all times.

## ADDRESS & CONTACT INFORMATION

Student-athletes are expected to notify the University Registrar and Athletics Compliance Office about any changes in their home (permanent) and local (present) mailing address and contact information as soon as possible.

The Athletic Department must always have reliable contact information to contact a student-athlete, parent, or affiliated individual with emergency or other urgent communications. During the academic year, the Athletic Department should have the ability to relay critical information to any student-athlete within six hours.

## STUDENT-ATHLETE AND COACH INTERACTIONS

The Athletic Department strives to create an environment in which student-athletes have positive experiences. Emotionally damaging language should never be uttered.

Issues may occasionally arise between a student-athlete and an institutional staff member that warrant a Sport Administrator, Athletic Director (or designee), or other individuals to become involved.

Any decision related to roster status or individual performance (e.g., playing time) is within the discretion of the Head Coach (or designee).

To prevent issues from occurring, Head Coaches should have clear and transparent rules and expectations. Team rules and expectations should be discussed, in writing, distributed to each student-athlete, and applied uniformly.

## TEAM RULES

Along with the NCAA, ACC, University and Athletic Department rules below, student-athletes are responsible for complying with any additional team rules.

A copy of team rules should be available upon request. Violations may affect a student-athlete’s status and/or athletic aid.

## ATHLETIC DEPARTMENT RULES & EXPECTATIONS FOR STUDENT- ATHLETES

1. Class attendance is mandatory.
2. The legal drinking age is 21. All team, local, state, federal, University and Athletic Department rules, laws, and policies regarding alcohol must be followed.
3. No hazing.
4. Student-athletes must notify their Head Coach within 24 hours of an arrest or criminal conviction. Student-athletes have a separate duty to notify the Dean of Students (434-924-7133) within seventy-two (72) hours of any arrest for violations of law, excluding minor traffic violations, that do not result in injury to others, regardless of where the arrest occurred and regardless of whether the University is in session at the time of the arrest. An arrest includes the issuance of a written citation and summons, regardless of whether you are taken into custody by law enforcement.
5. Student-athletes must notify their Head Coach within 24 hours if they have requested or been issued a restraining order or other protective order.
6. Sexual harassment or violence in any form is unacceptable. Use the “Just Report It” online system to report any sexual harassment or violence or report it to someone within the Athletic Department.
7. Student-athletes must return with the team following away contest, unless there is a fully executed Travel Release Waiver.
8. Use of tobacco is prohibited.
9. All drugs are prohibited unless prescribed by a physician.
10. Lying, cheating and stealing are acts not tolerated by the University or Athletic Department.
11. Sports wagering is prohibited and is a violation of NCAA rules.
12. No offensive behavior will be tolerated. Respect and tolerance for differences (e.g., race, gender, religion, sexual orientation) is expected.
13. Obey all ACC and NCAA rules.

## EXIT INTERVIEWS

The Athletic Department uses exit interviews to obtain information from student-athletes about the Athletic Department’s performance with regard to fulfilling its mission. Participation is voluntary and anonymous.

Exit interviews are traditionally requested for student-athletes in their final year of athletic eligibility. Below are some of the types of questions that may be asked.

* What was your major?
* Would it have been different if you were not a student-athlete?
* Describe any issues of discrimination related to religion, ethnicity, or gender among student-athletes?
* Did your academic and athletic results/accomplishments meet your expectations?
* Describe the quality of academic resources, such as your academic coordinator or tutors?

# COMPLIANCE

##

## NCAA RULES

NCAA rules are complex and have evolved over the years. Student-athletes should contact the Athletics Compliance Office for more information whenever they have questions about NCAA rules.

The penalties for violations of NCAA rules can be serious. Student-athletes should ask before they act.

**NCAA ELIGIBILITY**

Student-athletes must complete their four seasons of eligibility within their first five calendar years of collegiate enrollment. If a student-athlete participates on a club team and the institution has a varsity program of the same sport, they will use one season of competition for each year of participation.

## ACADEMIC ELIGIBILITY

Student-athletes must be enrolled in at least 12 credits to be eligible for practice and competition (unless approved for part-time enrollment).

Student-athletes must earn at least 6 credits during the preceding full-time semester. Student-athletes must earn at least 18 credits during the preceding academic year.

Football student-athletes must earn at least 9 semester hours during the Fall term and earn the Academic Progress Rate eligibility point to be eligible the following Fall semester. If not, the student-athlete may not be eligible to compete in the first four contests.

Student-athletes must earn at least 24-degree applicable credits prior to their third full-time term.

Student-athletes must earn at least 48-degree applicable credit hours by the beginning of your third year (54 if the student-athlete is enrolled in the College of Arts & Sciences). Student-athletes must earn at least 72-degree applicable credit hours by the beginning of your fourth year (84 if the student-athlete is enrolled in the College of Arts & Sciences).

Student-athletes must declare their major (or defer) prior to competing in their third year.

Student-athletes must have a cumulative grade point average of at least 1.80 entering their second year and a 1.90 entering their third year, and a 2.0 entering their fourth year.

## BOOSTERS AND VAF DONORS

A booster is a representative of an institution’s athletic interests. Boosters may be alumni, season ticket holders, those who made financial contributions to the Virginia Athletics Foundation, or those who have made personal contributions of time and/or other resources to the Athletic Department. Individuals identified as boosters retain that identity forever.

Neither boosters nor institutional staff members are permitted to provide student-athletes with extra benefits. The term “extra benefit” refers to any special arrangement by an institutional employee or booster to provide a benefit not expressly authorized by NCAA legislation.

## EXTRA BENEFITS

Student-athletes or their immediate family members are not permitted to receive any benefits that are not available to all students. Examples of extra benefits include, but are not limited to:

* Preferential treatment, benefits, or services (e.g., loans on a deferred payback basis) based on athletic reputation or skill or payback potential as a future professional athlete.
* Use of an automobile.
* A loan of money.
* A guarantee of bond.
* Signing or co-signing a note with an outside agency to arrange a loan.
* A special discount, payment arrangement, or credit on a purchase (e.g., airline ticket, clothing) or a service (e.g., dry cleaning, laundry).
* Free or reduced-cost services of any kind.
* Meals at restaurants.
* Promotional prizes not available through a random drawing available to all individuals.

## CONFIDENTIALITY OF STUDENT RECORDS

Education records of current and former University students are protected under the Family Education Rights and Privacy Act of 1974, as amended (20 U.S.C. 1232g), and Rules of the Department of Education, (34 C.F.R. Part 99).

Education Records include but are not limited to the following types:

Admission Records – Such records may contain the following types of information:

* Application for admission of admitted and enrolled students.
* Transcripts.
* Letters and statements of recommendation.
* Standardized test scores.
* Magnetic tape or electronic files from the Educational Testing Center.
* American Medical College Application Service form from Central Application Service.
* Financial aid information.

Financial Aid Records – Such records may contain the following types of information:

* Financial aid applications and acceptance forms.
* Financial aid award vouchers (also stored data files).
* Letters and statements of recommendation.
* Correspondence.
* Academic information.
* Standardized test scores.
* Student employment records.
* Interviewer comments,

Academic Records – Such records may contain the following types of information:

* Transcripts of grades.
* Student performance evaluations.
* Degree program decisions.
* Professional reports and certificates.

Student Financial Records – Such records may contain the following types of information:

* Billing statements, charges, credits, payments, past due amounts, and/or collection activity.
* Correspondence.
* Academic information.
* Financial aid disbursements.

International Student Records – Such records may contain the following types of information:

* International Student Office application review form.
* Financial aid information.
* International student terms of appointment (from sponsoring agency).
* Standardized test scores.
* Correspondence.
* Letters and statements of recommendation.
* Academic performance records.
* Directory information.
* US Government forms.
* I-20 - Certificate of Eligibility for Non-Immigrant.
* (F-1) Student Status - For Academic and Language Students,
* I-538 - Application by Non-immigrant Student for Extension of Stay, School Transfer, and Permission to Accept on Continued Employment or Practical Training.
* DS-2019 - Certificate of Eligibility for Exchange Visitor (J-1) Status.

“Nondirectory Information” will be shared only with the faculty and staff who have a legitimate need to know. Directory information includes:

* Name.
* Year of birth.
* Major field of study.
* School of enrollment.
* Location of attendance.
* Full-time/part-time status.
* Level and year in school.
* Medical residency placement.
* Expected graduation date.
* Participation in officially recognized activities and sports.
* Dates of attendance.
* Candidacy for degree.
* Degrees, honors, scholarships, and awards received.
* Any unique identifying number created for the purpose of compiling, releasing, or transmitting directory information.

## TIME DEMANDS OVERVIEW

NCAA rules require each sport program to provide student-athletes with a time management plan for their team.

Student-athletes will be notified about their sport’s season declaration, additional 14-days off during the academic year, and required athletically related activity (e.g., recruiting activities, community service, institutional promotional activities, life skills activities).

Any event/activity should be on student-athlete’s calendar in ARMS 72-hours in advance of the event/activity. Limited exceptions apply (e.g., student hosting for a late scheduled visit).

If the date or time of a scheduled event/activity needs to be changed, the change should occur 24 hours in advance. Exceptions apply for weather-related issues and case-by-case situations that are for the betterment of the student-athletes.

Student-athletes can provide feedback about compliance with time management rules throughout the year through countable athletically related activity log reviews and other opportunities to communicate.

In the Spring, the Athletics Compliance Office will spearhead a review of the time management plan that involves input from student-athletes, Head Coach, sport-specific staff, Sport Administrator. The review will then be provided to the Athletic Director and President.

## COUNTABLE ATHLETICALLY RELATED ACTIVITY

Countable athletically related activities (“CARA”) include any required athletic activity that is conducted at the direction, in the presence of, or supervised by a coach or sport-specific staff member or strength and conditioning coach.

NCAA rules outline the number of days and hours a student-athlete can participate in CARA. Below, in relevant part, is that information:

|  |  |  |  |
| --- | --- | --- | --- |
| SEASON | WEEKLY MAXIMUM HOURS | DAILY MAXIMUM HOURS | DAY/S-OFF |
| In-Season | 20-Hours | 4-Hours | 1-Day |
| Out-Of- Season | 8-Hours (4-hours of skill instruction for the week. Football is limited to 2-hours of film review (skill instruction is not permitted). | 4-Hours  | 2-Days |

Student-athletes are not permitted to miss class, attend class late or leave class early for practice. If a sport is out of season at the end of a semester, all CARA cannot occur one week prior to the final exam period.

Student-athletes will receive CARA logs to review via ARMS. Student-athletes should notify the Athletics Compliance Office if the information in the CARA logs is incorrect.

## EMPLOYMENT OR SELF-EMPLOYMENT

If a student-athlete chooses to work during the academic year or summer, they must complete the Student-Athlete Employment Form in ARMS. Student-athletes who work an institutional camp do not have to complete the form. The camp will submit employment information and the student-athlete will confirm compensation at the conclusion of camp via the assigned Camp/Clinic Employment Verification Attestation in ARMS.

## SPORTS WAGERING

It’s impermissible to wager on any sport the NCAA sponsors. A student-athlete will jeopardize their eligibility as a result of sports wagering.

## PERMISSIBLE PROMOTIONAL ACTIVITIES

The University may use a student-athlete’s name, image or likeness to promote institutional activities (e.g., schedule cards). Student-athletes receive a yearly form that requires their approval for such use.

Student-athletes cannot participate in a promotional activity on their day off (limited exceptions apply).

## AMATEURISM

Student-athletes with remaining eligibility in a sport may jeopardize that eligibility should they engage in activities that would classify them as a professional athlete. However, student-athletes may compete professionally in one sport and be an amateur in another (e.g., sign a professional baseball contract and still play college basketball).

Agreeing orally or in writing to sign with an agent who pursues professional athletic employment opportunities, or receiving benefits from an that individual (or “runner”), are examples of ways to jeopardize amateur status.

Neither coaches nor other members of the Athletic Department may directly, or indirectly, market a student-athlete’s athletic ability or reputation to a professional sports team or organization.

**PROFESSIONAL DRAFT**

*Men’s Basketball*

A men’s basketball student-athlete may enter the NBA Draft (or other professional league) and sign with an NCAA-certified agent each year and still preserve their future eligibility. The Athletics Compliance Office must be contacted to ensure the necessary precautions/steps are completed to preserve future eligibility (e.g., submit Undergraduate Advisory Committee evaluation, withdraw from draft by certain date).

*All Other Sports*

One time during a student-athlete’s career, they may enter their name into a professional league’s draft. The Athletics Compliance Office must be contacted to ensure the necessary precautions/steps are completed to preserve future eligibility.

**TRYOUTS & COMBINES**

A student-athlete may participate in a professional tryout and receive expenses, without jeopardizing their eligibility, as long as the student-athlete doesn’t miss class and only receives actual and necessary expenses during a 48-hour tryout. The student-athlete may extend the tryout beyond 48-hours if they self-finance the additional expenses.

In men’s basketball, a student-athlete may accept actual and necessary expenses each year to attend a team’s 48-hour tryout or the professional organization’s combine.

For men’s and women’s basketball, a student-athlete may accept actual and necessary travel, room and board expenses from a professional sports organization to attend its draft combine.

In baseball, a student-athlete may accept actual and necessary travel, room and board expenses from Major League Baseball to attend its draft combine.

Student-athletes must inform the Athletics Compliance Office about their participation in a tryout or combine.

**OUTSIDE COMPETITION**

Student-athletes generally cannot compete on an outside team during the academic year. If the outside team is a National Team, please contact the Athletics Compliance Office to confirm permissibility.

If a student-athlete participates in an individual sport (e.g., tennis, swimming, track), they may be permitted to engage in outside competition during the academic year. Student-athletes must complete the Outside Competition Form in ARMS so the Athletics Compliance Office can determine whether the competition is permissible.

Student-athletes can participate on an outside, amateur team during the Summer. Student-athletes must complete the Outside Competition Form in ARMS so the Athletics Compliance Office can determine whether there are any issues that impact the student-athlete’s eligibility and review the number of student-athletes on the team.

## TRANSFERRING

*Transfer Portal*

Any student-athlete who wants to transfer to another institution must enter the transfer poral. To be placed in the transfer portal, a student-athlete must log into ARMS, click on Workflow, then click Workflow Launchpad and then the Notification of Transfer form.

A sport’s Head Coach will be notified about the request to enter the transfer portal. The Athletic Department recommends talking to the Head Coach prior to requesting to enter the transfer portal.

If a student-athlete is not going to be a graduate transfer, then they have to enter the transfer portal within the transfer portal windows. Limited exceptions apply (e.g., head coach departure, non-scholarship student-athlete). The Athletics Compliance Office can discuss the exceptions.

For fall sports, a student-athlete can enter the transfer portal during a 45 consecutive-day period beginning the day after championship selections are made in their respective sport, and between May 1-15.

For winter sports, a student-athlete has a 60 consecutive-day period beginning the day after championship selections are made in their respective sport to enter the transfer portal.

For spring sports, a student-athlete can enter the transfer portal between December 1-15, or a 45 consecutive-day period beginning the day after championship selections are made in their respective sport.

If a student-athlete is transferring to be a graduate student-athlete, then they can enter the transfer portal at any time.  A student-athlete transferring to pursue a graduate degree should be mindful of entering the transfer portal within the required dates outlined in the one-time transfer exception (see below).

The Athletics Compliance Office is required to enter a student-athlete’s name and sport into the transfer portal within two business days of the student-athlete completing the transfer portal request and the NCAA transfer education module.

If a student-athlete submits a request to enter the transfer portal, the Athletic Department can cancel their athletic aid at the conclusion of the term notification was provided.  For example, a student-athlete provides notification during a semester break (e.g., winter break), then athletics aid can be immediately cancelled for the next semester.

A student-athlete will receive notification from Student Financial Services should their athletics aid be cancelled, and they will have the opportunity to appeal the cancellation.

*One-Time Transfer Exception*

Any student-athlete may be eligible to use the one-time transfer exception. For a student-athlete to use the one-time transfer exception, the following must occur:

* Be placed in the transfer portal.
	+ Undergraduate Transfers - Must adhere to transfer portal windows.
	+ Graduate transfers
		- Fall & Winter sports – Enter by May 1.
		- Spring sports – Enter by July 1.
* Not previously have transferred from a four-year institution.
* Be academically eligible upon transferring and enrollment at the new institution.
* Student-athlete and new coach must affirm there was no tampering prior to entering the transfer portal.

*Services for Student-Athletes Seeking to Transfer*

The expectation of all student-athletes, including those student-athletes seeking to transfer, is that they continue to follow all NCAA, ACC, Athletic Department and University rules, guidelines and codes of conduct.

If a student-athlete notifies the Athletic Department of their intent to transfer, then their access to some or all of the Athletic Department’s services may be restricted. The decision to restrict services is within the discretion of the Head Coach (or designee) or other relevant Athletic Department personnel.

## RESPONSIBILITY TO REPORT VIOLATIONS

A student-athlete must report any possible or actual violation to the Athletics Compliance Office.

If a student-athlete refuses to provide relevant information to the Athletics Compliance Office, then it will be considered an act of unethical conduct.

## STUDENT HOSTING

The Athletic Department may cover the actual costs (up to $60 per person) of entertaining a prospective student-athlete and up to four family members accompanying the prospective student-athlete during an official visit. The actual cost of entertainment doesn’t include the cost of meals and admission to home athletic events.

Student-athletes can receive a complimentary admission to a home athletic event, provided they’re accompanying a prospective student-athlete to that event during the official visit.

Gas expenses that are incurred while transporting a prospective student-athlete during an official visit should be accounted for under the entertainment expense.

Entertainment money may not be used for the purchase of souvenirs (e.g., sweatshirts, mementos).

Student-athletes engaging in hosting activities may receive complimentary meals when accompanying the prospective student-athlete during the official visit. Unlimited snacks are also permitted during an official visit.

Student-athletes may not provide drugs or alcohol to the prospective student-athlete or engage in drug or alcohol use while serving as a student-host. Nor shall student-athletes engage in nefarious activity nor activity that is precluded under the official visit policy (e.g., visit adult entertainment related establishments).

## AWARDS

## *Participation Awards*

Student-athletes may receive awards for participation while representing the University. The awards may not include cash, cash equivalents, gift certificates, or gift cards that are redeemable for cash.

## *Academic Achievement Awards*

Student-athletes may receive academic achievement awards each year. To earn an academic achievement each semester, student-athletes have to complete a minimum of two Pathways benchmarks (one career/one other).

If a student-athlete completes the required Pathways benchmarks and subsequently enters the transfer portal, that student-athlete will continue to be eligible for the academic achievement award for that particular semester. If they don’t complete the Pathways benchmarks prior to entering the portal, they will not be eligible for the academic achievement award for that particular semester.

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# FINANCIAL AID

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## ATHLETICS-RELATED FINANCIAL AID

A financial award that is given to a student-athlete based upon athletics ability is considered an athletic grant- in-aid. The funds for these grants are from donations made to the Virginia Athletics Foundation.

An athletic grant-in-aid is awarded for a period of one academic year (fall and spring semesters). A full athletics grant-in-aid covers up to a student-athlete’s Cost of Attendance (COA)*.* Student-athletes must sign the grant-in-aid that is provided by Student Financial Services before it is disbursed.

During the term of an award (including all years of a multiyear agreement), it’s only permissible to reduce or cancel athletic aid for the conditions outlined in Bylaw 15.3.5, and other non-athletically related conditions that are included in the financial aid agreement. The may conditions include, but are not limited to, the following:

* Being ineligible.
* Fraudulently misrepresenting any information on an application, National Letter of Intent, or financial aid agreement.
* Serious misconduct that brings disciplinary action from the University.
* Voluntarily withdrawing from a sport for personal reasons.
* Violating a nonathletically related condition outlined in the financial aid agreement.
* Violating a documented institutional rule or policy.
* Signing a professional sports contract.
* Accepting money for playing in an athletic contest.
* Agreeing (orally or in writing) to be represented by an athlete agent to obtain professional athletic opportunities.
* Accepting money that causes athletic aid to exceed the value of a full grant.
* Leaving the University for a semester, term or year.
* Entering the transfer portal.

*Partial Athletic Grant-In-Aid*

Partial grant-in-aid is automatically credited to a student-athlete’s SIS account to pay for charges for tuition, fees, on-Grounds housing, and meal plans. Athletic grant-in-aid is disbursed one-half each semester, unless specified otherwise.

Student-athletes are responsible for any charges still due after the partial grant-in-aid has been applied to their account. If a student-athlete has a past due balance that results in a student finance hold, Student Financial Services will notify them by email.

If a partial grant-in-aid creates a credit balance, the money will be available for a lump sum refund two weeks after the start of each semester. This refund will be mailed as a check to a student-athlete’s local address unless they opt for direct deposit.

*Full Grant-In-Aid*

Full grant-in-aid is automatically credited to a student-athlete’s SIS account to pay for charges for tuition, fees, on-Grounds housing, and meal plans. The grant-in-aid is disbursed in the following manner:

* Tuition and Fees
* Room/Board – If a student-athlete is living off-Grounds, then the room and board allowance will be paid through a monthly stipend. The amount is equal to the average cost of on-Grounds housing.
* Meals – Student-athletes on full grant-in-aid are expected to be on a minimum meal plan. The minimum meal plan varies per student-athlete and will impact whether a student-athlete receives a monthly stipend for their meals.
* Required Textbooks
* Other Expenses Related to Attendance - Student Financial Services has defined these expenses as local living expenses, supplies, and travel to a student’s home based on region.

Stipends are disbursed at the beginning of the month. During the Fall, the stipends are disbursed in September, October, November and December. During the Spring, the stipends are disbursed in January, February, March, April and May.

A student-athlete should plan their budget accordingly. If a student-athlete needs help creating a budget, consider speaking with Rylie Carlson or Sharlene Sajonas in Student Financial Services at sfs-ath@virginia.edu.

If you have questions about meals, contact Randy Bird at (434) 243-1148.

##

## RENEWAL, NON-RENEWAL AND REDUCTION OF ATHLETIC GRANT-IN-AID

An athletic grant-in-aid can be awarded as a one-year scholarship or a multi-year scholarship. Student-athletes will be notified by email regarding the renewal, reduction or cancellation of their athletic grant-in-aid, no later than July 1 each year.

In the event a student- athlete’s athletic grant-in-aid is non-renewed, reduced or cancelled, they will be provided ten (10) business days (from the time of the notice) to submit a written request to appeal. The appeal must be submitted to the Student Financial Services office.

A copy of the University appeal policy and procedure is included below for reference:

## APPEAL OF NON-RENEWAL OR REDUCTION OF ATHLETIC GRANT-IN-AID

The University has an independent grant-in-aid Appeal Committee composed of members of the University Financial Aid Committee, which serves as the institution's financial aid authority. No members of the Athletic Department sit on this Appeals Committee as voting members. The Appeals Committee's charge is limited to appeals concerning athletic grant-in-aid status. It is important to note that this process is not a legal proceeding so attorneys or other legal counsel for either side shall not be present. Student-athletes will be provided with an advocate to assist in the navigation of the appeal.

The purpose of the appeal hearing is not a forum for each side to ask questions of the other, but rather for the Committee to solicit information from both parties and render an informed decision. Documentation, statements and rebuttals should be limited to material relevant to the non-renewal and to a reasonable amount of time. The committee may request additional information from either party prior to the hearing or seek additional information after the hearing and in order to render a decision.

The Committee will inform both parties of its decision in writing within ten (10) business days of the hearing to the local and permanent addresses (student-athletes). This decision is final as there is no further appeal beyond this Committee.

**Responsibilities of the Grant-in-Aid Appeal Committee**

The Appeals Committee shall review all information provided by the student-athlete and the Athletic Department and shall determine if the reduction or non-renewal of the athletic grant-in-aid is a fair, equitable and reasonable action and that process has been conducted in accordance with the guidelines set forth in the University Student-Athlete Handbook and in accordance with NCAA guidelines and requirements found here:

***15.3.2.3 Hearing Opportunity. [A]*** *The institution’s regular financial aid authority shall notify the student-athlete in writing of the opportunity for a hearing when institutional financial aid based in any degree on athletics ability is to be reduced or canceled during the period of the award, or is reduced or not renewed for the following academic year or multiple academic years within the student-athlete’s five-year period of eligibility. The institution shall have established reasonable procedures for promptly hearing such a request and shall not delegate the responsibility for conducting the hearing to the university’s Athletic Department or its faculty athletics committee. The written notification of the opportunity for a hearing shall include a copy of the institution’s established policies and procedures for conducting the required hearing, including the deadline by which a student-athlete must request such a hearing. (Revised: 1/9/06 effective 8/1/06, 4/3/07, 4/23/08, 8/7/14)*

Composition of the Committee:

* + - * + The Chair of the University Financial Aid Committee will appoint at least three and not more than five members of the University Financial Aid Committee to the Appeals Committee.
				+ The Chair of the University Financial Aid Committee will Chair the Appeals Committee.
				+ Non-voting members will include the Director of Financial Aid, and the Associate Athletic Director of Governance & Regulatory Affairs from the Athletic Department. These members will offer advice on financial aid compliance or NCAA compliance. Both members will be present during all presentations and subsequent discussions of the Appeals Committee in order to answer questions posed by the Committee.

**Responsibilities of the Student-Athlete**

To appeal the non-renewal or reduction of a grant-in-aid award to the Appeal Committee, the student-athlete should:

1. Notify the Director of Financial Aid in writing within ten (10) business days of receipt of the notice of non-renewal or reduction in the athletic grant-in-aid that they wish to appeal. The Director will contact them to set up a meeting to discuss the reason for the appeal, how the appeal process will work, and how an advocate will be selected.
2. The Director of Financial Aid will contact the Chair of the Financial Aid Committee, who will set the date and notify all parties of the date arranged for the appeal hearing.
3. Submit to the Chair at least five (5) business days before the hearing date a statement detailing the reasons for the appeal. A student-athlete may include any letters or supporting documentation relevant to the appeal. Copies of these documents will be shared with the Athletic Department and the Appeals Committee.
4. Plan to attend the hearing in person, accompanied by the advocate and one other individual. Student-athletes will have an advocate appointed for them as arranged through the Vice President for Student Affairs to ensure the student-athlete is aware of all resources available to them. The student-athlete may bring one other individual with them to the hearing. Student- athletes should submit to the Chair a list of their attendees (advocate and one other person) at least five (5) business days prior to the hearing.
5. The student-athlete should prepare to present their case to the Committee. The student-athlete should take the lead, but they have the option to defer to an individual to speak on their behalf.

**Responsibilities of the Athletic Department**

In order to respond to a student-athlete’s appeal to the Committee of non-renewal or reduction of a grant-in-aid award, the Athletic Department should:

1. Submit to the Chair at least five (5) business days before the hearing date all documentation to be presented at the hearing detailing the reasons for the non-renewal or reduction in the grant-in-aid. Copies of these documents will be shared with the student-athlete and the Appeals Committee.
2. Submit to the Chair at least five (5) business days before the hearing date a list of all their attendees. The head coach (or designee) and two additional people may attend the hearing.

**The Hearing Process**

Each side will have the opportunity to present its case to the Committee. Both parties will be given the opportunity for rebuttal by adhering to the following guidelines:

1. Athletic Department presents their documentation and statements to the Committee (15 min)
2. Student-athlete presents his/her documentation and statements to the Committee (15 min)
3. Break at the discretion of the Chair
4. Athletic Department rebuttal (10 min)
5. Student-athlete rebuttal (10 min)
6. Break at the discretion of the Chair
7. Athletic Department closing statement (10 min)
8. Student-athlete closing statement (10 min)

Upon conclusion of the hearing, the Committee will deliberate and communicate the decision in writing within ten (10) business days of the hearing. Notification will be mailed to the student-athlete's local and permanent addresses as found in SIS and to the Athletic Department.

# VIRGINIA ATHLETICS FOUNDATION

The Virginia Athletics Foundation (“VAF”), through its fund-raising efforts, strives to support a preeminent intercollegiate athletics program at the University by providing student-athletes the opportunity to achieve academic and athletic excellence.

In 2022, just under 9,800 individuals supported Virginia Athletics with a donation to VAF. Their financial investment helps position student-athletes and teams to excel in the classroom, in competition, and in the community.

Individuals donate money to VAF to support the Athletic Department’s budget by helping fund:

* All athletic scholarships allowed by the NCAA (316.6 full scholarships).
* The annual budget for Academic Affairs.
* A portion of the operational budget for all sports.
* Build and renovate athletics facilities.
* Academic achievement awards.
* Summer school tuition.

## ENDOWED SCHOLARSHIPS

One hundred and forty-two endowed athletic scholarships will be awarded for the 2023-2024 academic year. Endowed scholarships exist in perpetuity and have been established by donors making generous contributions.

While the criterion for each varies, recipients are recognized for their leadership, scholarship, sportsmanship, hard-work and dedication. Being named as a recipient of an endowed scholarship does not change the value of the scholarship.

Student-athletes will be asked to write thank you letters to the donors who established their scholarship.

## THANK-A-THONS

Each year teams are asked to participate in thank-a-thons. These evenings are designed for student-athletes to call and/or write alumni and fans who make contributions to support the Athletic Department. This is an important component of the fundraising process and critical to the ongoing fundraising efforts to support the overall student-athlete experience.

# NAME, IMAGE & LIKENESS

All student-athletes are permitted to use their name, image or likeness (“NIL”) for commercial purposes, except as outlined below.

International student-athletes are subject to federal immigration laws and may be restricted from using their NIL for commercial purposes. International student-athletes should discuss any potential NIL opportunity with the International Studies Office and the Athletics Compliance Office.

International student-athletes should consult legal counsel about NIL activity. If an international student-athlete violates the terms of their F-1 visa, then they can be subject to various penalties (e.g., deportation).

##

## INSTITUTIONAL INVOLVEMENT

A student-athlete may use institutional facilities for NIL activities, as long as the use has been approved by the University and doesn’t violate NCAA rules or policies or the University’s NIL policy. Institutional facilities include buildings, structures, venues, and sites or locations controlled and/or operated by the University. For more information please contact John Welch (gmq8da@virginia.edu).

A student-athlete may use the University’s intellectual property, as long as the use has been approved by the University and doesn’t violate NCAA rules or policies or the University’s NIL policy. Intellectual property includes, but is not limited to, federally registered trademarks, trade dress, indicia, unregistered marks, logos, colors, uniforms, identity and copyrightable photographs or videos. Any use of intellectual property, or any other action or activity that may be construed as a product endorsement, must be submitted to the Director of Licensing, Katie Dittmer (hqv3wu@virginia.edu), for review prior to signing, executing, advertising or performing an NIL agreement or activity.

The University (and its agents) and Virginia Athletics Foundation cannot compensate prospective or current student-athletes for their NIL, enter into an agreement with a student-athlete for products related to NIL activities, or share revenue (e.g., ticket, broadcast rights) with student-athletes in any manner.

The University cannot assist with the development, creation, execution or implementation of NIL activities, unless the same benefit is available to all students. Furthermore, the University cannot provide services (other than education), or access to equipment, to support NIL activities, unless the same benefit is available to all students.

Employees of the University and Virginia Athletics Foundation cannot advise, recommend, or assist a student-athlete select an athlete agent, lawyer, financial advisor, accountant, marketing agent, advisor or any other type of professional service provider. Moreover, employees of the University and Virginia Athletics Foundation cannot provide student-athletes with any type of legal advice, business advice, tax advice, or investment advice.

The University, its employees, and representative of athletic interests are prohibited from using NIL activities as an inducement for initial or continued enrollment, or as a substitute for compensating student-athletes for athletic performance or participation. However, the University may provide an NIL entity a student-athlete’s contact information, introduce a student-athlete to representatives from an NIL entity, permit an NIL entity to use its facilities to meet with a student-athlete, provide a representative of athletics interests’ information to an NIL entity and/or permit staff members to assist an NIL entity fundraise.

The University is not responsible for any obligation pursuant to an agreement between a student-athlete and a commercial entity, third-party NIL entity, or a professional service provider.

## PROHIBITIONS

A student-athlete cannot earn NIL compensation unless the student-athlete actually performs work pursuant to the NIL agreement.

A student-athlete shall be prohibited from earning compensation for the use of their NIL in connection with any of the following: (1) casinos or gambling, including sports betting; (2) alcohol products; (3) adult entertainment; (4) cannabis, cannabinoids, cannabidiol, or other derivatives; (5) dangerous or controlled substances; (6) performance enhancing drugs or substances (e.g., steroids, human growth hormone); (7) drug paraphernalia; (8) tobacco and electronic smoking products and devices; or (9) weapons, including firearms and ammunition.

The University may preclude a student-athlete from engaging in NIL activities that conflict with existing institutional arrangements. If a conflict exists, the University will notify the student-athlete about the potential issue and provide written notice of the terms at issue and the relevant policy, procedure or rule.

NCAA rules preclude a student-athlete from engaging in NIL activity while on-call (e.g., practice, competition, press conference). The University precludes a student-athlete from participating in NIL activities while engaged in academic, department or official team activities.

Academic activities include, but are not limited to, class, tutoring, meeting with an academic coordinator or academic services. Department and official team activities include countable athletically related activities (“CARA”) or required athletically related activities (“RARA”), including but not limited to, practice, competition, travel, community service, promotional activity or an athletic department meeting or event.

NCAA rules preclude a student-athlete with remaining eligibility from selling (or exchanging anything of value) apparel, equipment, a participation award or any other item that is provided to them as a result of athletic participation for NIL purposes or otherwise.

The University cannot reduce, cancel, revoke or not renew an athletic scholarship because a student-athlete earns compensation from their NIL or enters into a permissible representation agreement for NIL activities.

## REPRESENTATION

A student-athlete may use an athlete agent, attorney, financial advisor or other professional service providers for activities associated with NIL activities. An individual must be licensed per the Code of Virginia § 54.1-526 through 54.1-542, unless exempt from the registration requirements pursuant to the statute.

The athlete agent, attorney, financial advisor or other service provider may not market a student-athlete’s athletic ability or reputation to secure an opportunity as a professional athlete. In accordance with NCAA rules, a student-athlete will be deemed ineligible if an athlete agent, attorney, financial advisor or other professional service provider markets their athletic ability for an opportunity as a professional athlete.

Any representation agreement should be provided to the Athletics Compliance Office prior to entering into the agreement.

## DISCLOSURE

A student-athlete must disclose all NIL activities to the Athletics Compliance Office. To the extent possible, NIL agreements should be disclosed prior to entering into the agreement.

A student-athlete will disclose all NIL activity through INFLCR or directly to the Athletics Compliance Office. The Athletics Compliance Office will then review whether there are any NCAA violations or issues with institutional policy or state law.

# ACADEMIC AFFAIRS

Academic Affairs strives to help students meet their own personal potential. Academic Coordinators, Learning Specialists, Mentors and Tutors assist student-athletes, through a wide variety of services, which include:

* Course selection and major declaration.
* Task-based mentoring.
* Content and strategic tutoring.
* Monitoring University requirements and procedures.
* Confirming class attendance through class checking.
* Monitor NCAA eligibility and satisfactory progress towards degree.
* Referrals for learning disabilities/ADHD/counseling.

In addition, Academic Affairs works collaboratively with the Faculty Athletics Representative, Association Deans and Faculty to address academic issues that are unique to student-athletes.

All student-athletes are encouraged to meet with their Association Dean and/or Faculty/Major Advisor, within their respective school.

## ACADEMIC EXPECTATIONS

Student-athletes are expected to take responsibility for their own academic success while utilizing the support available from the University and Academic Affairs. Expectations of all student-athletes include attendance at all classes that do not conflict with competition, attending office hours regularly, communicating with all parties when concerns or conflicts arise, confirming degree and eligibility requirements with their Academic Coordinator, Association Dean, and Faculty/Major Advisor, and completing their work, with integrity, in a timely manner.

Academic Affairs staff makes recommendations to student-athletes about academic programs, but all ownership is placed on the student for course enrollment and completion.

## ACADEMIC CALENDAR

The University academic calendar changes from year to year. Current academic calendars are available online at [http://www.virginia.edu/registrar/calendar.html.](http://www.virginia.edu/registrar/calendar.html)

## ACADEMIC INTEGRITY

Failure to abide by the Honor System may result in dismissal from the University, cancellation of scholarship and/or affect NCAA eligibility.

It is your responsibility to understand and act in accordance with the Honor System. If you have any questions about what is and what is not permissible, contact a member of the Honor Committee at (434) 924-7602 or view the website at [http://www.virginia.edu/honor/.](http://www.virginia.edu/honor/)

## ADD/DROP PERIOD

The NCAA allows student-athletes a five-day add/drop period beginning with the first day of classes. During this five-day period, you may practice, but NOT compete or travel, if you are registered in less than 12 credits. The NCAA rule concerning add/drop is NOT the same as the University’s add/drop schedule.

Following the five-day period, student-athletes must be enrolled full-time to practice or compete.

**You must see your Academic Coordinator prior to dropping a course.**

##

## REQUIRED BOOKS AND MATERIALS

You must be receiving a full scholarship per Bylaw20 (tuition, fees, room/board, books) to receive required books or specifically be awarded a book scholarship.

You must be receiving a full scholarship per Bylaw20 (tuition, fees, room/board, books) to be eligible to receive a reimbursement for materials or recommended books. Each request is reviewed and approved on a case-by-case basis. Pell Grant recipients may not be eligible for materials or recommended books because it may exceed their cost of attendance.

Book is defined as any publication (loose leaf or bound) on a syllabus that is referred to as a book, textbook, text or similar term that references a book. Materials are defined as anything that is not a book (e.g., course packet, goggles, clickers, camera).

You must be currently enrolled in the course for which you are requesting books or materials. You cannot receive books or materials for a course in which you are “waitlisted”.

Required books not listed on COLLAB may be purchased and reimbursed. The receipt and documentation (syllabi or note from instructor) should be submitted through the Book & Materials Reimbursement Request workflow in ARMS. Reimbursements must be submitted by the last day of class during the academic session or semester in which you purchased the book or material. If you don’t submit the proper documentation by the last day of the academic session or semester you will not be reimbursed.

A student-athlete should review their bookstore receipt against your book form before leaving the bookstore. If a student-athlete purchases required books that are considered duplicative of each other (e.g., loose-leaf book and traditional hard cover book), then they will be charged full price for the duplicate item. No charge will be assessed if the duplicate item is returned to the bookstore and a full refund is issued to the Athletic Department.

##

## COMPUTER LABS

Computer labs are available in three venues: McCue Center, Training Grounds, and John Paul Jones Arena. In addition, there are laptops available to check out for team travel or temporary loan.

##

## LEARNING SPECIALISTS

Learning Specialists can assist you in the following ways:

* Discuss any learning difficulties you are encountering and explore available resources and solutions.
	+ Review previous comprehensive testing for learning disabilities or ADHD.
	+ Discuss the option of comprehensive psycho-educational testing and the role of the Student Disability Access Center (SDAC).
	+ Assist eligible students with obtaining academic accommodations for their coursework.

##

## LIBRARIES

There are numerous libraries on Grounds. For information on locations and hours, visit the libraries’ website at: [http://www.lib.virginia.edu/map.html.](http://www.lib.virginia.edu/map.html)

## ACADEMIC MEETINGS

Academic meetings are regular appointments between the Academic Coordinator and the student-athlete. These meetings allow the Academic Coordinator to track the student-athlete’s progress and assess the student-athlete’s need for academic resources. The student-athlete and Academic Coordinator will discuss course progress by utilizing communication with the professors, mentors, tutors and assessing experience in classes. The academic information that is gathered from the meeting is reported to the Head Coach in a timely manner. Student-athletes required to participate in academic meetings are those on Academic Probation or Suspension in Abeyance, in their first year at the University, transfers, and those identified by a coach or Academic Coordinator.

##

## ACADEMIC MENTORING AND TUTORING

Mentoring appointments include individual or small group work with a staff member at a frequency to be determined by the Academic Coordinator. Mentoring appointments include academic planning of tasks for the week, learning and practice of effective study strategies, and the completion of required class work in the form of tasks. All tasks can be viewed in the database and completion and approval by the task’s due date is the student’s responsibility.

Study hall space is available to all student-athletes. All student-athletes are encouraged to use academic space for studying and the tutoring resources.

First-year student-athletes and all student-athletes on academic warning will be required to participate in mentoring and/or tutoring as determined by their respective Academic Coordinator and coach. Student-athletes who benefit from additional structure and resources may also be scheduled and required to attend mentoring sessions.

## CLASS CHECKING

The Athletic Department conducts class checks because it recognizes the value of class attendance for academic success.

Any student-athlete enrolled in a class that is identified for class checking must check-in prior to the scheduled start time of the class. Absences are communicated to coaches in a timely manner.

## TRAVEL LETTERS

Team travel letters are provided by the Academic Coordinators each semester. The initial letter details the entire list of classes that student-athletes may miss due to competition.

Student-athletes are responsible for obtaining all travel letters from their Academic Coordinator and submitting the travel letters to their professors on the first day of class each semester.

Student-athletes are also expected to make arrangements with professors at the beginning of the semester to complete all missed assignments, notes, and exams within a reasonable timeframe. It is the professor’s discretion if competition absences will be excused or unexcused. If a professor does not excuse an absence for competition, and the absence will greatly impact the final grade, student-athletes should communicate with their Academic Coordinator immediately.

It is important to submit the travel letters to professors on the first day of class in order to have enough time to switch courses if necessary.

**OUTSIDE COMPETITION**

Any missed class time for participation in outside athletic events, training or competition needs to be approved by the Faculty Athletics Representative and Academic Coordinator as soon as possible.

A student-athlete must also complete the Outside Competition Form workflow in ARMS so the Athletics Compliance Office can review the competition and ensure it doesn’t violate NCAA rules.

## SUMMER SESSION

The Athletic Department allocates summer session resources according to the following priorities: (1) graduation, (2) eligibility, (3) prerequisites needed to declare a major and (4) other reasons that may necessitate enrollment.

Student-athletes are expected to attend every class and maintain a high level of academic effort. It is expected that student-athletes will not only complete each class in which they are enrolled, but also earn a satisfactory grade.

Failure to put forth a reasonable effort during summer session may impact future consideration for summer athletic aid. If at any time during summer session your athletic aid is cancelled or non-renewed, future summer school aid may not be awarded.

Student-athletes must adhere to all drop, add, and withdrawal policies for summer school. All schedule changes must be approved by your Academic Coordinator.

In extenuating circumstances, a student-athlete may request an “Incomplete” in a course but must seek permission from his/her professor. Incompletes may impact eligibility and future summer athletic aid.

## DEGREE COMPLETION

Student-athletes who receive less than a full athletic scholarship and leave the University prior to completing their undergraduate degree, but wish to return and complete their degree at a later date, will need to apply to the NCAA degree completion program in order to receive financial support for degree completion. Details and requirements of this program can be found at <http://www.ncaa.org/ncaa-division-i-degree-completion-award-program> .

Student-athletes who receive a full athletic scholarship and leave the University prior to completing their undergraduate degree, but wish to return and complete their degree at a later date, must contact the Athletics Compliance Office about whether they are eligible for degree completion assistance.

## STUDENT-ATHLETE DEVELOPMENT

Academic Affairs coordinates student-athlete development programming and provides student-athletes with opportunities related to community service, leadership development, career readiness, and personal growth through our Pathways program. Academic Affairs advises the Student-Athlete Advisory Committee, facilitates community engagement, organizes service trips and the Ethical Leadership Academy, and provides customized learning opportunities on various topics for individuals and teams.

Career Readiness initiatives are enhanced through the Athletics Career Advisory Board, which is a group of dedicated alumni, and professional staff trained in Career development.

## CAREER DEVELOPMENT

Academic Affairs assists student-athletes identify career opportunities that match their diverse interests and develop the skills necessary to attain their goals. Student-athletes can work with Athletic Department career counselors and advisory board members for major and career exploration, resume writing, interviewing skills, application processes, and facilitating contact with employers, alumni, and other relevant stakeholders.

Pathways is an integral component of the Student-Athlete Database that houses opportunities for holistic exploration in academic, career, community, leadership, and personal development. Pathways also shares contact info of career mentors and student-athlete alumni who can foster networking and provide career assistance. Student-athletes can receive support with regard to career development while enrolled and at any point after graduation.

Additionally, Academic Affairs partners with the University Career Center (“UCC”), whose mission is to assist students as they prepare for and obtain employment after graduation. The main UCC hub is located in Bryant Hall, and the website for UCC is [http://www.career.virginia.edu/.](http://www.career.virginia.edu/)

UCC services are available to graduates for six months following graduation. Students enrolled in non-degree seeking programs, such as the professional learner program, will need to coordinate with Academic Affairs and UCC to access UCC services beyond this six-month mark.

## PERSONAL DEVELOPMENT

Academic Affairs assists student-athletes develop strong work habits with an emphasis on ethical decision-making and the development of practical skills.

In partnership with offices and resources around Grounds, Academic Affairs integrates and facilitates personal development programs that work to holistically develop students. Academic Affairs also provides workshops and programming on topics that include substance misuse, sexual violence prevention, financial wellness, mental health, and cultural identity.

Students-athletes are encouraged to join the affinity groups, such as, Black Student-Athletes Offering Service and Support (“BOSS”), Athletes for Equality (LGBTQ+), Global Hoos (international student-athletes), and Green Athletics (environmental advocacy).

## LEADERSHIP DEVELOPMENT

The Athletic Department is committed to providing student-athletes with an avenue to define their own leadership style, to learn strategies for making ethical decisions, and to become role models who contribute meaningfully to society.

The Ethical Leadership Academy is the cornerstone of the Center for Citizen Leaders and Sports Ethics. The Ethical Leadership Academy provides opportunities to learn from and with leaders from various industries and emphasizes ethical leadership and decision-making. Through two different tracks, cohorts of student-athletes from all teams will learn skills of leadership and apply these skills to creating real world change. A year-long commitment is expected for each track of the Ethical Leadership Academy, with the opportunity to engage in a Service-Learning Trip.

## STUDENT-ATHLETE ADVISORY COMMITTEE

The Student-Athlete Advisory Committee (“SAAC”) is made up of two representatives from each team and is the student-athletes’ liaison organization to the Athletic Department, the University’s Administration, the ACC and the NCAA.

During the academic year, SAAC meets monthly and is charged with the responsibility of serving the student-athlete community as a resource for the consideration of matters of interest and concern to them.

SAAC will address these issues with the appropriate Athletic Department administrators. SAAC will also establish and manage events and projects to meet the needs and interests of student-athletes, as appropriate.

SAAC events have included, but are not limited to, the events below:

* Annual Welcome Dinner.
* Community service and engagement opportunities.
* Initiatives related to Diversity, Equity, and Inclusion.
* Events that build community within the student-athlete population.
* Recommendations for policies, resources, and services impacting the student-athlete community.
* Evaluation of proposed NCAA legislation and ACC rules changes.
* Annual Hoos Choice Awards.

## COMMUNITY SERVICE

Student-athletes are encouraged to engage in community service. Academic Affairs assists teams, groups, and individuals to identify and to arrange participation in meaningful opportunities, both one-time and ongoing.

Student-athletes have various opportunities to volunteer through Pathways and Madison House by engaging with senior citizens, mentoring area elementary and secondary school students, and other opportunities.

Our signature community service program is Athletes Committed to Education (“ACE”).The mission of ACE is to promote classroom success and achievement through implementation of a partnership between student-athletes and local schools, provide positive role models, and actively participate in building the school’s climate and community.

Student-athletes **“**adopt” a class on a weekly or bi-weekly basis and work on targeted skills. Sessions will be determined per semester based upon both the student athlete’s academic and athletic schedule. Student-athletes follow and maintain all confidentiality and discipline procedures, as established at each school.

# UNIVERSITY LIFE

##

## MULTICULTURAL STUDENT SERVICES

 Through the Multicultural Student Services (“MSS”), the Athletic Department works with student-athletes to develop programs offered through the Multicultural Student Center, LGBTQ+ Center, Latinx Student Center and Interfaith Student Center.

These centers have been designed to meet the needs of multicultural students to find community and engage in rich dialogue. The centers offer meeting and program space for student groups, study space with computers, and comfortable lounge areas. These centers are open to everyone, regardless of race, ethnicity, religion, ability, ethnic or national origin, sexual orientation or gender identity.

## OFFICE OF AFRICAN AMERICAN AFFAIRS

The Office of African American Affairs (“OAAA”) assists academic and non-academic units in meeting the challenges of service delivery to African American students.

## THE GORDIE CENTER FOR ALCOHOL AND SUBSTANCE EDUCATION

The Gordie Center for Alcohol and Substance Education is dedicated to providing the University community with educational activities and prevention programs related to substance abuse concerns. By providing outreach, consultation, individual meetings and group classes, the Gordie Center aims to increase knowledge and awareness of alcohol and other drug issues and to decrease the negative consequences associated with high-risk drinking and illegal drug use.

In conjunction with the Athletic Department, the Gordie Center staff assists in implementing the Student-Athlete Mentor program.

##

## PREVENTING AND ADDRESSING DISCRIMINATION, HARASSMENT, AND RETALIATION

The University's Preventing and Addressing Discrimination and Harassment policy prohibits discrimination and harassment on the basis of age, color, disability, family medical or genetic information, gender identity or expression, marital status, military status (which includes active-duty service members, reserve service members, and dependents), national or ethnic origin, political affiliation, pregnancy, race, religion, sex, sexual orientation, or veteran status.

Preventing and Addressing Discrimination and Harassment https://uvapolicy.virginia.edu/policy/HRM-009

## SEXUAL HARASSMENT AND OTHER FORMS OF INTERPERSONAL VIOLENCE

The University prohibits sexual harassment as defined by Title IX, which includes quid pro quo harassment, sexual harassment, sexual assault, dating violence, domestic violence, and stalking on the basis of sex in an education program or activity and other forms of sexual and gender-based misconduct, including non-consensual sexual contact, non-consensual sexual intercourse, sexual exploitation, intimate partner violence, stalking, quid pro quo harassment, hostile environment harassment, complicity in the commission of any act prohibited by this policy, and retaliation against a person for the good faith reporting of any of these forms of conduct or participation in any investigation or proceeding under the Policy on Sexual and Gender-Based Harassment and Other Forms of Interpersonal Violence.

The University strongly encourages anyone who becomes aware of an incident of prohibited conduct to report the incident immediately through the following reporting options:

* University’s Title IX Coordinator or Deputy Title IX Coordinator
* [Just Report It](https://justreportit.virginia.edu/) - the University’s website for online reporting.

Molly Zlock, Title IX Coordinator & Senior Director for Title IX Compliance

Office Address:

P.O. Box 400211

Phone: (434) 297-7988

Email: titleixcoordinator@virginia.edu

Student-athletes can also contact our Athletic Department resource for Title IX:

Kim Record, Deputy Athletics Director/External Operations

Phone: (434) 982-5152

KimRecord@virginia.edu

## STUDENT-ATHLETE MENTOR PROGRAM

As part of the Drug and Alcohol Education Program, the Student-Athlete Mentor (“SAM”) Program was designed by the Gordie Center for Alcohol and Substance Education and the Athletic Department to establish a network of peers trained in substance abuse prevention and other healthy life decisions.

Student mentors can join the group and participate in alcohol and other drug education training. These individuals, in turn, work with their peers in prevention efforts and provide programming on issues pertinent to their teams.

The training provides student-athletes with information about alcohol and other drugs, “red flags” or “behaviors of concern” that might indicate warning signs, and a listing of available resources.

# STUDENT DISABILITY ACCESS CENTER

The Student Disability Access Center (“SDAC”) is the University’s designated access agency for students with disabilities. SDAC’s primary role is to determine eligibility and to provide reasonable academic accommodations for students with disabilities, pursuant to Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, as amended.

SDAC provides services to two groups of students: (1) students who have been previously diagnosed with a disability; and (2) students who have never been diagnosed but find themselves struggling academically and seek advice and support.

SDAC attempts to ensure that individuals with disabilities have full access to the physical, educational, social, cultural and political milieu of the University.

# HOUSING

All first-year students entering the University directly from high school are required to live in one of the Residence Halls during their first two regular semesters. Requests for exceptions must be made to the Associate Director for Housing & Residential Life

After the first year, student-athletes may live in one of the Residence Halls if space is available. Residence Hall accommodations are limited.

First years admitted in January will be required to live in the first-year dorms for their first semester and through the following academic year as well.

To help ensure placement, student-athletes must comply with registration deadlines. For more information, please visit the Housing & Residential Life website - http://housing.virginia.edu. If student-athletes have specific questions, they can also contact the Housing & Residential Life at (434) 924-6873.

**ON-GROUNDS HOUSING - UPPERCLASSMAN**

Each spring semester, on-Grounds housing is offered to upperclassman, including transfers, for the new academic year. To request such housing, student-athletes must submit a housing application by the deadline prescribed. Renewals are not automatic.

**OFF-GROUNDS HOUSING**

Student-athletes who want to live off-Grounds are responsible for obtaining their own housing.

**EARLY ARRIVALS**

If a student-athlete is required to arrive early for practice or competition, and lives in a Residence Hall, then the coaching staff will coordinate arrival and Residence Hall assignment. Student-athletes should consult with their Head Coach during late June or early July for verification.

# SPORT PSYCHOLOGY

Sport Psychology’s mission is to promote mental well-being, safety, and optimal performance in all aspects of student-athlete life.

Student-athletes face unique challenges that differ from those individuals not involved in competitive sport. Student-athletes balance several full-time responsibilities, including those related to sport, the classroom, and complex social and family obligations.

Performance standards and expectations continue to increase. These responsibilities are carried by student-athletes and are influenced by situations with greater visibility and/or platform.

Sport Psychologists assist student-athletes by enhancing performance in sport, the classroom, and life by applying a variety of practical psychological principles in the context of sport. They also support student-athletes in managing the challenge of expectations and high visibility.

Sport Psychologists provide performance services to professional athletes, Olympians and military Special Forces. The Athletic Department has three licensed clinical psychologists “in-house” reflecting the commitment to supporting the whole student-athlete… their personhood.

Sport Psychologists provide confidential one-to-one meetings for members of all sports to optimize their experience in their roles as students, as athletes, and as community members free of charge. Furthermore, Sports Psychologists respect and maintain a student-athlete’s confidentiality, autonomy, and resilience.

**STRENGTH & RESLIENCE**

The Athletic Department has been a pioneer with regard to incorporating sport psychology into student-athlete performance and well-being.

Student athletes have actively challenged and overcome misperceptions such as: “Seeing a Sport Psychologist means I’m weak and I should just be tough” or “Only people that have something wrong with them see the Sport Psychologist.”

Student-Athletes challenge such ideas with “Sport Psychology supports me in being my best self in all parts of my life.” Student-athletes embrace using sport psychology as an indication of strength and resilience, reflecting the courage to overcome adversity, and reach further in all they do.

Sport Psychology helps student-athletes develop tactics, mindset, and strategies to assist student-athletes and a team thrive. Mental and physical skills are essential to be highly successful and Sports Psychologists can help hone these skills.

Sport Psychology helps student-athletes learn how to maximize their ability to connect their mind with their body when they train and compete. Approximately 50% of our student-athletes over the last eight years have used individual Sport Psychology appointments as a resource to get the most of their experience. The Athletic Department encourages all student-athletes to use Sport Psychology services.

**MAKING APPOINTEMENTS**

Sport Psychology is located on the third floor of the McCue Center. Appointments can be made directly with Dr. Freeman, Dr. Egan or Dr. Harris via text message, telephone call, email or in-person. If a student-athlete texts or email, as part of the message, please provide the best days and times available to meet. Sharing multiple options for appointments will ensure a faster process for setting up an appointment. Be sure to schedule around academic and athletic commitments.

Once that information is received, a Sport Psychologist will check their schedule for a match and text/email to confirm an appointment day and time.

**If there is an emergency in which your life or the life of someone else is in danger,** **call 911 immediately to report your emergency and/or CALL us** (rather than texting or emailing).

A Sport Psychologist will be on call outside the business hours of 8 AM to 5 PM, Monday through Friday. Calling any of the three Sport Psychologists after hours at their numbers below will automatically forward to the on-call Psychologist.

|  |  |  |
| --- | --- | --- |
| **Jason Freeman, Ph.D. Sport Psychologist**434-242-7472 jf4z@virginia.edu | **Karen Egan, Ph.D.****Associate Sport Psychologist**434-270-1677 kpe4q@virginia.edu | **Toni Harris, Ph.D.****Assistant Sport Psychologist****434-365-9672**tas2m@virginia.edu  |
|  **TEAMS:** BaseballField HockeyFootball (Co-Point)W GolfM LacrosseW SoccerW TennisWrestlingAlcohol/Substance Policy violationsSupervision of Sport Psychology programsLearning/ADHD AssessmentConcussion recovery issuesCo-supervision of graduate student(s) |  **TEAMS:** M BasketballM & W Cross Country and Track & Field Programs (Co-Point)M GolfRowing (Co-Point)M & W Swimming & DivingM TennisVolleyballExpertise in Disordered Eating, Eating Disorders, and Body Image concernsCo-supervision of graduate student(s)  |  **TEAMS:** W Basketball, Football (Co-Point) M & W Cross Country and Track & Field Programs (Co-Point)W LacrosseRowing (Co-Point)M SoccerSoftball Expertise in assessmentExpertise in disability servicesCo-supervision of graduate students |

### **EMERGENCY ASSISTANCE**

Emergency and crisis assistance is available 24 hours a day/7 days a week. In situations or circumstances where student- athletes are concerned about someone’s health or safety, they are encouraged to immediately call their Athletic Trainer, Head Athletic Trainer, and/or Sport Psychologist.

During business hours, Sport Psychologists may be meeting with other student-athletes, so if they do not pick up a call at first, try again. Student-athletes can also walk to (or escort another student-athlete) to Sports Psychology on the 3rd floor of McCue.

If a student-athlete isn’t able to connect with a Sport Psychologist, contact the Counseling and Psychological Services (“CAPS”) on-call clinician. CAPS can be contacted at (434) 243-5150 during business hours. CAPS can be contacted at (434) 924-7166 after business hours.

A CAPS provider will assist a student-athlete by providing direction on how to best manage the situation or receive further assistance.

**IF THERE IS AN IMMINENT SENSE OF HARM TO THE INDIVIDUAL OR TO OTHERS, CALL 911.**

# SPORTS MEDICINE

Sports Medicine is located in Training Grounds, McCue Center, John Paul Jones Arena and in various other sports venues.

Sports Medicine assists with the medical needs of student-athletes during practice, competition and throughout the year for various activities. Certified athletic trainers provide student-athletes with basic health care services and direct them to the team physicians when necessary.

The Elson Student Health Center, located on Jefferson Park Avenue near the University Hospital complex, is another source for medical services for student-athletes. It provides outpatient health services and education to all University students.

If student-athletes seek medical care outside of the Athletic Department, they should inform the health care provider that they authorize communication with Sports Medicine regarding the medical issue. This may be necessary to assess injuries and/or clearance to participate. Student-athletes will be required to provide documentation of this care prior to being cleared for participation.

##

## RESPONSIBILITIES FOR MEDICAL CARE

It is important that student-athletes and their families understand that participation in athletic activity presents a high risk for injury. It is expected that student-athletes will take all measures necessary to prevent and minimize injuries to themselves and others.

The Athletic Department is responsible for medical expenses incurred as a result of a student-athlete sustaining an injury during participation in required practice or competition. Other medical expenses may be provided at the discretion of the Athletic Department.

Medical expenses are not automatically covered by the Athletic Department or the University. Athletic scholarships do not cover medical expenses.

Medical expenses need to be settled or they could negatively impact a student-athletes future (e.g., collections).

If student-athletes sustain an injury during practice or competition, they must work with Sports Medicine to receive referrals to the appropriate medical professionals.

##

## SERVICES AND PROCEDURES

Throughout the season, records are maintained for each student-athlete. These records include initial injury evaluations and progress reports. Medical reports are prepared and communicated to the coaches by Sports Medicine. Activity restrictions and recommendations as to when full activity may be resumed are emphasized.

Student-athletes must report any injury (including dental injuries) incurred during required practice or competition as soon as possible to Sports Medicine. If a student-athlete is rehabilitating an injury, or receiving treatment for such injury, the student-athlete must communicate with Sports Medicine regularly about the rehabilitation or treatment. Failure to do so will be considered being absent from required treatment.

If a student-athlete requires hospitalization or surgery, the Medical Director, the Head Athletic Trainer, and team Athletic Trainer will coordinate the details.

Head Coaches will be notified if a student-athlete presents a medical condition of which they should be aware for the purposes of student-athlete safety or for competition preparations.

Student-athletes must shower prior to treatment. No athletic equipment may be brought into the Athletic Training Room.

##

## EMERGENCY TREATMENT

If a life-threatening situation arises, the student-athlete should be taken directly to the emergency room at the University Hospital or call 911.

If a student-athlete questions the need to go to the Emergency Department, contact the team Athletic Trainer or Head Athletic Trainer to help determine the appropriate health care management plan.

If a student-athlete needs medical treatment but Sports Medicine is closed, call the Head Athletic Trainer or the team Athletic Trainer.

Expenses for medical care for emergency situations may be approved at the discretion of the Medical Director or the Head Athletic Trainer. Student-athletes must present personal health insurance information at the time of medical care. However, if emergency care is not reported to Sports Medicine within 24 hours, the resulting expenses may not be considered for payment by the Athletic Department.

##

## EYEGLASSES AND CONTACT LENSES

Athletic eyeglasses must be safety glasses with shatter-proof lenses and frames.

The purchase of contact lenses will be the responsibility of the student-athlete, unless significant financial need is demonstrated, and the purchase is approved by the Athletic Department.

Replacement of lost or damaged lenses and glasses will be coordinated by Sports Medicine. The loss or damage should occur during practice, or a game, and the student-athlete must report the loss or damage during the event.

##

## INSURANCE COVERAGE AND MEDICAL EXPENSES

The University requires all students, including student-athletes, to have health insurance. All students must meet the University’s health insurance verification requirements.

Students must provide proof of this insurance on an annual basis. If proof of sufficient coverage is not submitted, or the submitted coverage is determined to be insufficient, the student will be enrolled in the University’s student Aetna health insurance. The cost of the health insurance will be posted to a student’s SIS account immediately thereafter and cannot be removed.

**The Athletic Department does not cover the expense for health insurance coverage (limited exceptions apply). Do not ignore the prompts to submit the health insurance verification application that is emailed from the University!**

Student-athletes must disclose all necessary information about their personal health insurance coverage to Sports Medicine and relevant medical care providers. Any athletic-related bill and/or correspondence must be provided to Sports Medicine immediately upon receipt. Payment for bills provided to Sports Medicine 30 days after the statement was issued can only be approved by the Head Athletic Trainer.

Expenses incurred in the diagnosis and treatment of athletic-related injuries are handled by a “coordination-of-benefits” process. At the discretion of the Medical Director or Head Athletic Trainer, approved expenses will be submitted to the student-athlete’s health insurance policy and the Athletic Department will assume co-payment responsibility.

Sports Medicine reviews student-athlete medical expenses and either approves or rejects them depending on whether they fall within the guidelines suitable for co-payment. If a student-athlete does not report an injury to Sports Medicine within seven days of the injury, the resulting expenses may not be considered for co-payment.

Individuals who have a health insurance policy that pays the policy holder directly for medical services rendered must either pay the medical bill directly or submit the insurance checks to Sports Medicine. To avoid an extra benefits violation, the Athletic Department cannot respond with any co-payment request until all insurance checks have been submitted.

##

## INJURY PREVENTION

All student-athletes are expected to perform all measures necessary to prevent and minimize injuries. Student-athlete should perform the following things prevent injuries:

* Remove all dentures and jewelry during practice or competition. Items include, but are not limited to, tongue barbells, eyebrow rings, ear hoops, necklaces, bracelets, and watches.
* Not consume chewing gum, sunflower seeds or chewing tobacco during practice or competition.
* Wash all wounds thoroughly with soap and water prior to reporting to Sports Medicine.
* Utilize ice and elevation for acute aches and pains.
* Do not use any medication or preparations for decreasing the symptoms associated with an injury or illness, other than those indicated by Sports Medicine.

##

## MEDICAL CARE REFERRALS

The University Health System should be considered the main source of medical attention for student-athletes during the academic year.

The Athletic Department recognizes the importance of a student-athlete’s comfort when dealing with a health care specialist. However, if a student-athlete chooses to seek outside medical care without approval from the Medical Director or Head Athletic Trainer, the Athletic Department has the discretion to not assume financial responsibility for any expenses incurred.

If a student-athlete received medical care from outside medical personnel, prior to being cleared for participation, Sports Medicine must receive all appropriate medical reports, surgical reports, and medical clearance to resume activities.

##

## PRE-PARTICIPATION PHYSICAL EXAMINATION

All entering student-athletes will have a physical examination administered under the direction of the Medical Director. The final decision on physical qualification for participation, or the reason for refusal, is the responsibility of the Medical Director.

New student-athletes must provide the following forms to the Sports Medicine prior to participation:

* Medical Identification Form
* “Pre-Entrance Health Record,” including all immunization records.
* “New Student-Athlete Health History” form.
* A copy of insurance card.
* A “Health Insurance Portability and Accountability Act” (“HIPAA”) form.
* A Drug-Testing Consent Form.
* A Media Release Form.
* Parent’s Medical Treatment Authorization Form (for minors).
* Assumption of responsibility for reporting injury form.
* Acknowledgement of concussion and sickle cell education.
* Sickle Cell Test Consent (if testing is declined).
* Athletics Pledge and Acknowledgment of Risk Form.

Returning student-athletes must provide the following forms to the Sports Medicine:

* A “Returning Student-Athlete Health History Questionnaire”.
* Annual concussion symptom reporting form.
* A copy of their insurance card.
* A Drug-Testing Consent Form.
* A Media Release Form.
* Assumption of responsibility for reporting injury form.
* Acknowledgement of concussion and sickle cell education.
* NCAA Summer Address and Contact information.
* Athletics Pledge and Acknowledgement of Risk Form.

##

## TRYOUTS

Individuals planning to try out for a team must have a physical examination by their personal or family medical provider or by University Student Health. For an individual planning to try out for a team, the following documents must be provided to the Head Coach (or designee) prior to participation:

* Physician Affirmation of Fitness Form
* Tryout Activity Participation Understanding.
* Proof of medical insurance.
* Laboratory document proving sickle cell testing results.

##

## ADHD MEDICATION USAGE

The NCAA has a strict policy banning stimulant usage (e.g., Adderall, Ritalin) unless prescribed by a physician for a **well-documented medical condition**. If a student- athlete takes medication for ADD or ADHD, Sports Medicine must have a copy of the current prescription as well as supporting documentation that demonstrates how the diagnosis of ADD/ADHD was obtained. If this documentation is not sufficiently detailed, additional testing must be performed to validate the diagnosis of ADD/ADHD. The additional testing should be coordinated through the Learning Needs Specialist in Academic Affairs.

**POST-PARTICIPATION MEDICAL COVERAGE**

Student-athletes who are graduating or who will no longer be competing in intercollegiate athletics for the University must complete a Post-Participation Medical Form.

All documented athletic related injuries/illnesses may be covered for a period of two years after graduation or separation from the University. Student-athletes must maintain their own health insurance during this time period.

Failure to complete a medical status form or report all injuries/illnesses for which you currently are receiving treatment, will automatically release the University from any medical or financial responsibility.

# DRUG AND ALCOHOL POLICY

The Athletic Department strongly believes that the illicit use of drugs and disordered use of alcohol is detrimental to the physical and mental well-being of its student-athletes. Use or abuse of drugs or alcohol seriously interferes with the performance of individuals as students and as athletes and can be extremely injurious to student-athletes and their teammates, particularly when participating in athletic competition or practice.

Various forms of drugs and alcohol have worked their way into the fabric of modern society, and athletics is not immune to this phenomenon. This may include, but is not limited to performance enhancing drugs, recreational drug use, abuse of prescription or non-prescription medications, and illegal use and abuse of alcohol. Because student-athletes are often in the public eye, drug use and alcohol abuse can draw negative attention to themselves, their team, the Athletic Department, and the University.

In light of health, safety and social concerns, the Athletic Department at the University has put in place a mandatory Drug and Alcohol Policy to assist and benefit its student-athletes. The student-athlete and his or her parents or legal guardians will receive a copy of the Drug and Alcohol Policy prior to the beginning of practice or competition.

**GOALS OF THE POLICY**

1. To educate student-athletes and prospective student-athletes about the problems associated with drug and alcohol use and abuse.
2. To discourage drug use and alcohol abuse by student-athletes.
3. To identify student-athletes who may be using drugs or abusing alcohol; to identify the drugs being used; and to provide substance abuse education to the identified student-athletes.
4. To educate student-athletes about the impact of their substance abuse problem on their team and teammates.
5. To see that any dependency is treated and addressed properly.
6. To put in place safeguards that ensure every student-athlete is medically competent to participate in athletic practice and competition.
7. To encourage discussion with student-athletes on the use and abuse of drugs and alcohol.
8. To demonstrate the commitment of the Athletic Department to a proactive effort in substance abuse education, prevention, detection, and remediation.

**DRUG AND ALCOHOL EDUCATION PROGRAM**

*Purpose of the Program*

The purpose of the University of Virginia Intercollegiate Athletics Drug and Alcohol Education Program (“Program”) is to inform and help student-athletes at the University in matters of substance abuse. This Program is based on the Athletic Department's belief that drug use and alcohol abuse are detrimental to the student-athlete and therefore violations of the Drug and Alcohol Policy (“Policy”) and of team rules. It is hoped that student-athletes will not have problems with drug use or alcohol abuse; however, drugs and alcohol negatively affect many facets of society. Drug and alcohol testing should enhance the feeling of trust and camaraderie among student-athletes as it demonstrates a commitment to substance-free competition.

*Implementation of the Program*

The Coordinator of Drug Testing is charged with implementing the substance abuse testing program. The Deputy Athletic Director will serve as liaison to the Dean of Students office regarding substance abuse violations when necessary.

At the beginning of the academic year, a presentation will be made to all student-athletes at the University of Virginia that will outline and review the Policy, its purposes, and its plan for implementation. Each student-athlete shall sign a form that acknowledges receipt of the information and an understanding of the Program; provides consent for urinalysis testing and permits the release of substance abuse testing information to a limited, defined group of individuals as described in the substance abuse testing section of this Policy. The failure of a student-athlete to comply with the provisions of the Policy could result in sanctions as described in this Policy including loss of his/her grant in aid and termination from the team.

**SUBSTANCE ABUSE EDUCATION PROGRAM**

The Athletic Department’s Substance Abuse Education Program prohibits the use of certain drugs and limits the use of alcohol by student-athletes. The program includes mandatory drug testing and sanctions for violations of the program’s requirements.

The NCAA prohibits student-athlete use of the following classes of drugs: stimulants, anabolic agents, alcohol and beta blockers, diuretics and masking agents, narcotics, cannabinoids, peptide hormones, growth factors, related substance and mimetics, hormone and metabolic modulators, beta-2 agonists.

The NCAA banned-drug list is subject to change. Current information is available on the NCAA web site (www.ncaa.org).

Some nutritional supplements that are legally available over-the-counter contain substances banned by the NCAA. Using these products will result in a positive drug test.

The use of tobacco by student-athletes is generally discouraged even where it is not specifically prohibited by state or local laws. Team rules may explicitly prohibit the use of tobacco in connection with any intercollegiate team function (meetings, practices, games, or workouts). The NCAA also has specific prohibitions against the use of tobacco.

**SUBSTANCE ABUSE TESTING PROGRAM**

*The Protocol for Testing*

All incoming student-athletes will undergo a urine toxicology screen during the first year of their participation with the Athletic Department. Student-athletes also will be subject to testing throughout the calendar year for banned or prohibited substances, which may include but are not necessarily limited to the following:

* Alcohol
* Amphetamines
* Anabolic Agents
* Barbituates
* Cocaine
* Codeine
* Designer or club drugs (Any illegal substance)
* Diuretics
* Drugs banned by the NCAA - see [www.drugfreesport.com](http://www.drugfreesport.com/)
* Masking agents
* Methaqualude
* Morphine
* Opiates
* PCP (Angel Dust) and analogues
* Tetrahydrocannabinol (THC or Marijuana), or Synthetic Cannabinoids

Random selections for substance abuse testing are generated by the Compliance Office from a random sample table. Random testing may be performed on an individual or team at any time. In addition, the Coordinator of Drug Testing may require a student-athlete to be tested independent of the random sample because of a reasonable suspicion of substance abuse based on a history of substance abuse, behavioral changes in a student-athlete, or other sources including but not limited to Athletic Department coaches, administrators or Sports Medicine personnel, the Office of the Dean of Students, the Judiciary Committee, the residence staff, and the community.

Any student-athlete who tests positive at any time may expect screening on a more frequent basis. For the student-athletes and his or her teammates' safety, every student-athlete who tests positive must be retested, show a serial decline in the urine toxicology screen levels and be medically cleared for participation in any team activity by the designated Medical Director. A random selection of 20% of student-athletes on teams participating in NCAA sanctioned post-season competition, or individual team members participating in such competition, will be tested for performance enhancing substances before that competition. Student-athletes will be notified of their selection for substance abuse testing by e-mail and/or text message from the Athletic Department. The substance abuse test shall consist of a urine specimen the student-athlete will provide under the supervision of the athletic training staff. Each urine sample shall be analyzed for the presence of drugs/alcohol by Aegis Sciences Corporation.

Each student-athlete's sample will be identified by code rather than by name. The code and all records related to testing will be kept in a secure and confidential manner. All student-athletes that are receiving a grant in aid and have not graduated from their respective degree program are required to continue to drug test regardless of eligibility status. Student-athletes on a behavioral contract that are required to submit to drug testing, will continue testing if they are still receiving a grant in aid.

*Self-Disclosure*

The Athletic Department encourages its student-athletes to voluntarily seek help if they feel that they have a problem with substance abuse. **Self-disclosure is considered a one-time opportunity and will be treated as a request for help**. If self-disclosure occurs before a student-athlete is notified of a scheduled substance abuse test, sanctions will not apply only for the banned substance(s) disclosed. The student-athlete shall attend assessment or counseling as determined by an Athletic Department Sport Psychologist and must be cleared to return to competition by the Medical Director before rejoining his/her team. The student-athlete may continue as a member of the team as long as they meet all conditions of treatment. The student-athlete will engage in ongoing drug testing to monitor changes in use (beyond self-report) that can track readiness for change, safety, and reasonable fluctuation in early stages of treatment. Upward trends in testing levels can be used to consider “medical hold” by Athletics team physicians, as indicating the need for additional clinical care, and could be counted as a policy violation. Once the testing level has returned to a negative test, the student-athlete must remain substance free to avoid sanctions described in this Policy. If the student-athlete tests positive for a prohibited substance other than the disclosed substance, the positive result will be treated in accordance with this Policy for a positive test.

**Amnesty in situations involving danger or threats to safety and care sought in the University or other Emergency Department:**

Situations may arise in which the safety of our student-athletes is threatened, and alcohol or substance use/abuse is involved. In any case where the safety of a student-athlete is in question, seeking and receiving care in the Emergency Department is essential and will not be considered a violation of the Athletic Department substance policy.

We expect that any student-athlete(s) involved in or aware of a situation where physical safety and life is endangered will act immediately by:

1. Seeking emergency care by calling 911 and/or transporting a student-athlete to the nearest emergency department when transporting them does not further jeopardize safety,
2. Notifying their team certified athletic trainer for any medical emergency.

Follow-up care after any Emergency Department admission will also be provided by Sports Medicine and, as appropriate, Sport Psychology. Clearance to resume sport will be determined by the Medical Director through consultation with specialists as needed, including but not limited to sport psychology. If a student-athlete admitted to the Emergency Department does not adhere to ongoing treatment recommended as part of medical clearance, that student-athlete will be placed again on medical hold until re-evaluation by appropriate medical and sport psychology staff and resuming adherence to the plan established by those providers.

When a student-athlete who assists in transporting another student-athlete to the Emergency Department for care was also using alcohol or other drugs, this incident will not be considered a violation of the Athletic Department substance policy. That individual may, however, be required to go through consultation with Sports Medicine and/or Sport Psychology to ensure that appropriate evaluation and care is provided before resuming sport to ensure safety and well-being.

*Failure to Test*

Student-athletes will be notified in advance of the time and place for substance abuse testing. It is the responsibility of every student-athlete to check their email and text messages every evening to look for the Drug Test Notification. A conflict in testing time may be rescheduled with the Coordinator of Drug Testing before the scheduled testing time. **Failure to report at the specified testing time will result in a minimum seven-day suspension from team activities after being tested, beginning immediately after the student-athlete tests or when team activities are next held if the team is not currently practicing or competing.** If the student athlete does not report to the Coordinator of Drug Testing within 24 hours of missing the designated testing time, this will result in a violation of the Policy and the respective violation steps will be followed. Failure to report for a substance abuse test after a positive test could result in additional sanctions including loss of grant in aid and termination from the team. The Coordinator of Drug Testing will notify the student-athlete and head coach of consequences for any failure to report at the assigned testing time. An appeal may be requested from the Director of Athletics for the suspension due to failure to show at the designated time, if communication with the Coordinator of Drug Testing has occurred within 24 hours of the designated testing time. (See the Appeals Section.)

*Urine Toxicology Screening*

Samples will be analyzed by gas spectrometry/mass chromatography and all test results will be reported to the Coordinator of Drug Testing. Positive drug test results will be reported to the Deputy Athletics Director. A positive test will only result after an initial screen and confirmation of a banned substance (as listed in the Policy) has been performed. For purposes of this Program, a positive result is one that indicates, as determined by the Aegis Sciences Corporation or University Clinical Labs, the presence of one or more banned drugs or alcohol in the student-athletes urine. Accuracy and confidentiality of the test results are a priority and include maintaining a documented chain of specimen custody that establishes the identity of the sample throughout the collection and testing process.

*Outcomes of Positive Test Results*

If a student-athlete tests positive with a national or international sports governing body, he or she will be required to notify the NCAA and the Coordinator of Drug Testing. A student-athlete under a drug-testing suspension from a national or international sports governing body that has adopted the World Anti-Doping Agency (WADA) code cannot participate in NCAA intercollegiate competitions. At the point the student-athlete is cleared by the NCAA, he or she will be required to test negative before returning to team activities (e.g., meetings, conditioning, practice, and competition). A positive test by an agency other than the NCAA will not trigger consequences under this Policy.

An institutional positive drug test is a violation of Athletic Department rules. The duration of the suspension is contingent on the completion of all steps included in the respective violation number. The amount of time it will take to complete each step will vary based on the availability of the staff member required to assist with the completion of the required step. Suspension will be maintained until all steps have been completed and the student- athlete is given clearance by the Coordinator of Drug Testing to resume participation. The positive test will have the following consequences: (See Alcohol Program for alcohol)

1. **First Positive during the Student-Athlete's NCAA Eligibility:**
2. When a positive test occurs, the Aegis Sciences Corporation or University Clinical Labs will report the positive test result to the Coordinator of Drug Testing. The Deputy Athletics Director, Head Coach, and Sport Psychology will then be notified of the result by the Coordinator of Drug Testing.
3. The Coordinator of Drug Testing will notify the student-athlete of a positive result and their immediate suspension (or when team functions are next held if the team is not currently practicing or competing) from all team activities (e.g., meetings, conditioning, weight training, practice, and competition).
4. The student-athlete must attend a mandatory psychological assessment with Sport Psychology and they will determine the intervention (i.e., type and number of sessions) best suited to the student-athlete.
5. The student-athlete will participate in a conference telephone call or zoom call among the student-athlete, the student-athlete's parent(s) or legal guardian(s), the Coordinator of Drug Testing, the Head Coach and the Athletic Director or designee, if necessary. The parent(s) or legal guardian(s) will be advised of the first positive test result and its consequences.
6. The student-athlete may be allowed to rejoin the team only after he or she has completed the above steps, and has completed a follow-up drug test. At the discretion of the Coordinator of Drug Testing, the student-athlete may be allowed to rejoin the team as long as urine toxicology screen levels continue to decline with subsequent drug testing.

The student- athlete must be cleared by Sport Psychology, Medical Director, and Coordinator of Drug Testing before returning to team activities.

The above are minimum standards and the student-athlete's Head Coach, the Medical Director, or the Athletics Director may impose additional requirements at their discretion as a condition for return to team activities.

1. **Second Positive During NCAA Eligibility:**

On a student-athlete's second positive test, the same procedure as in a first positive test will be implemented. In addition to the notifications above, the Coordinator of Drug Testing will notify the Deputy Athletics Director of any second positive tests and the student-athlete will meet with the Deputy Athletics Director. The Deputy Athletics Director will consult with the Sport Supervisor, the Head Coach, the Coordinator of Drug Testing, and Sport Psychology, to determine the appropriateness of continued athletic participation. If the student-athlete wishes to remain a member of his/her team, the student- athlete will be required to enter into a behavioral contract that will specify the conditions for continued participation and consequences for failure to abide by the conditions of the contract. The student-athlete cannot resume team activities until the contract is fully executed. If the student-athlete quits or no longer wishes to be a member of his/her team, a contract is not required. As a reminder, if the student-athlete remains on athletics aid for the remainder of the academic semester/year, the student- athlete is still subject to continued alcohol and drug testing and may be subject to loss of athletics aid for failure to appear for a test or a positive test result.

1. **Third Positive During NCAA Eligibility:**

If a student-athlete has a third positive test, it will be assumed that the student-athlete has a significant problem or has made a conscious decision to use drugs and therefore will incur even more serious consequences. The results of a third positive test will be shared with the Coordinator of Drug Testing, Medical Director, the student-athlete, Sport Psychology, the student-athlete's Head Coach, the Athletic Director, the Deputy Athletics Director, and the student-athlete's parents. The third positive test will result in the immediate and indefinite suspension of the student-athlete from all team activities. The student-athlete will be asked to return for frequent testing. Whether he or she will be allowed to re-enter the athletic program will depend on recommendations of Sport Psychology and others involved. The student-athlete will have the opportunity to discuss the matter with the Athletics Director and to present evidence of any mitigating circumstances. The Head Coach and Athletic Director may recommend the termination of the student-athletes grant in aid to the financial aid committee. A failure to report for a substance abuse test (as described above – “Failure to Test”) after the second positive test will be deemed to be a third positive test and treated accordingly under this section.

*Criminal Penalties for Drug Possession*

Student-athletes also should be aware that state and federal laws prohibit possessing, selling, or distributing certain drugs such as anabolic steroids, ephedrine sulfate, or prescription medications. It is unlawful for any person to knowingly manufacture, sell, give, distribute, or possess with the intent to distribute, any drug such as anabolic steroids. A violation is punishable by incarceration and substantial fines.

It also is unlawful for any person to knowingly sell or distribute any pill, capsule, or tablet containing any combination of caffeine and ephedrine sulfate to a minor without a prescription. For further information regarding potential criminal consequences of drug possession or use, contact the University Police Department or the Office of the Commonwealth’s Attorney for the City of Charlottesville or County of Albemarle.

**Additional Information**

To the extent any disclosure of a suspension or other action under this policy is required, the reason for such action will be described only as a "violation of team rules" unless made public or otherwise disclosed by the student-athlete. The student-athlete will not be subject to University student disciplinary action as a result of a positive substance abuse test. The Athletic Department will not supply personally identifiable test data or results of a test to any law enforcement agency unless required by law. Information concerning test results will be destroyed seven years after the student-athletes NCAA eligibility expires.

The Coordinator of Drug Testing will consult with Sport Psychology to determine the status of a student- athlete’s counseling and or treatment compliance. Failure by the student-athlete to comply with recommended counseling or treatment will result in suspension from or delayed return to team activities. The return of the student-athlete to team activities will be determined by Sport Psychology, the Coordinator of Drug Testing, and the Head Coach. If the student- athlete has not met with the Athletic Department Sport Psychologist within seven days after notification by the Coordinator of Drug Testing, he or she will remain suspended until this meeting takes place. If a positive test is the result of a prescribed medication, or of questionable nature, the Coordinator of Drug Testing and Medical Director will determine if the presence of the prescribed medication or of another substance constitutes a positive test. A marijuana (THC) confirmation below 150 ng/ml will be considered a sub-positive test. The Deputy Athletic Director, Head Coach, and Sport Psychology will be informed of the test result. The student-athlete will be required to meet with Sport Psychology for an assessment of cause, but a sub-positive test is not considered a Policy violation. Recommendations by Sport Psychology in regard to this assessment will be followed by the Athletic Department. Coaches may have stricter team rules regarding sub-positive tests which supersede the Athletic Department Substance Abuse policy. Student-athletes must be aware of their individual team policy.

In the event a student athlete is removed from the team roster due to either a NCAA or University drug or alcohol Policy violation, the student athlete must complete the required steps listed above to attend to that violation before they can be re-instated to the team.

*NCAA Testing/Sanctions*

The NCAA will test at championship events and in some cases on a random basis throughout the calendar year. Positive tests for THC will result in no loss of eligibility if the institution provides a management plan and education for the student-athlete. Positive tests for performance enhancing drugs will result in a one-year suspension from NCAA competition per NCAA policy. See the NCAA web site for further information [(https://www.ncaa.org/sport-science-institute/ncaa-drug-testing-program](https://www.ncaa.org/sport-science-institute/ncaa-drug-testing-program)). A positive test by the NCAA will be considered a positive test under this Policy.

**THE ALCOHOL PROGRAM**

**Introduction**

The University does not condone the illegal or otherwise irresponsible use of alcohol. Alcohol dependence is a progressive disorder in which both psychological and physical dependency can develop. The negative physical and mental effects of the abuse of alcohol are well documented. Even low doses of alcohol impair brain function, judgment, alertness, coordination, and reflexes. Very high doses cause suppression of respiration and death. Chronic and abusive use of alcohol can produce alcohol dependency, dementia, sexual impotence, cirrhosis of the liver, heart disease, and other health problems. There is a high correlation between alcohol abuse and academic failure. Sudden withdrawal can produce severe anxiety, tremors, hallucinations, and life-threatening convulsions. It is the responsibility of every member of the University community to know the risks associated with alcohol use and abuse. This responsibility obligates students and employees to know relevant University policies and federal, state, and local laws and to conduct themselves in accordance with these laws and policies. Violation of state alcohol laws is a criminal offense that may be punishable by suspension of driver's license, imprisonment, and fines. Any member of the University community who violates state alcohol laws is subject to prosecution. Whether or not criminal charges are brought, all students are subject to University discipline for any violation of state alcohol laws that occurs (i) on University owned or leased property, (ii) at University sponsored or supervised functions, or (iii) under other circumstances involving a direct and substantial connection to any University program or activity. Any student found to have engaged in such conduct is subject to the entire range of University sanctions described in the University Standards of Conduct, including suspension and expulsion.

**Alcohol Policy and Sanctions**

In addition to student-athletes being subject to state law and University policy, the consumption of alcohol by student-athletes is prohibited in connection with any official intercollegiate team activity. An official team activity for the purposes of this Policy is defined as any activity which is held at the direction of or under the supervision of the team's coaching staff (e.g., practice, competition, team meals, recruiting, and road trips). A student-athlete who consumes alcohol will be accountable for any alcohol related incident in which he or she is involved. In such cases, the student-athlete is subject to state law, University, Athletic Department, and team disciplinary action.

Underage consumption or possession of alcohol will be handled in a manner consistent with a positive drug or alcohol test. If a student-athlete is involved in an alcohol-related incident that can be harmful to himself or herself or others, or to property, or has legal charges filed against him or her, the incident will be handled in a manner consistent with a positive drug or alcohol test.

Finally, the Athletic Department prohibits the use of any University or Athletic Department funds to be used toward the purchase of alcoholic beverages for student-athlete consumption. This prohibition includes the purchase of alcohol for prospective student-athletes by current student-athlete hosts, and the consumption of alcohol by prospective student-athletes while visiting the University. Regardless of whether a student-athlete host has reached the legal drinking age, purchasing alcohol for consumption by a person under the legal drinking age (i.e., a teammate or a prospective student-athlete) is a violation of state law and this Policy.

**TOBACCO POLICY**

The University does not condone the use of any form of tobacco products. Tobacco use often results in a physical dependency in the form of nicotine addiction. The negative effects of tobacco abuse are well documented by the high incidence of mouth, throat, lung, and other forms of cancer in those who use tobacco. Even casual users may become addicted. Smokeless tobacco is included in this Policy. The University strongly encourages its student-athletes to abstain from the use of tobacco products. The NCAA prohibits the use of all forms of tobacco products by student-athletes, coaches and staff in all practices and competition. Violations of Policy will be reported to the NCAA. Use of tobacco at a team activity (i.e., meeting, practice, or competition) shall result in the suspension of the student-athlete, coach, or staff member for the remainder of the day of use. In addition, further sanctions may be imposed for serious or repeated violations.

*Appeals Process*

A suspension or other sanction imposed under this Policy may be appealed to the Athletic Director or designee. The decision of the Athletic Director or designee will be final. All appeals can be sent by email to the Athletic Director explaining the circumstances of the suspension and reasons for reconsideration of the suspension. The Athletics Director will consult with the appropriate individuals to determine the outcome of the appeal. Any loss of a grant in aid is subject to the financial aid appeal process.

**Conclusion**

The implementation of this Policy will benefit all connected with intercollegiate athletics at the University. Further, participation in this Program will aid student-athletes in becoming better students and better athletes. Student-athletes will be better able to make individual, informed, and intelligent decisions regarding alcohol, drug, and tobacco usage, both now and in the future.

## PREGNANCY

A pregnant student-athlete will be referred to an obstetrician for consistent pre-natal care immediately upon diagnosis. Sports Medicine will assist with the transition.

A pregnant student-athlete will retain access to Sports Psychology and other support services that may be necessary during the pregnancy.

A pregnant student-athlete will be removed from competitive activities after the 1st trimester, regardless of sport, in accordance with applicable standards and best practices.

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## TRANSGENDER STUDENT-ATHLETES

A transgender student-athlete must provide documentation that meets the criteria of the [2010 NCAA policy](https://ncaaorg.s3.amazonaws.com/inclusion/lgbtq/INC_TransgenderStudentAthleteParticipationPolicy.pdf), plus meet the sport standard for documented testosterone levels prior to any competition during the regular season, prior to the first competition in an NCAA championship event, and prior to any competition in the non-championship segment.

Sports Medicine and the Athletics Compliance Office will help student-athletes navigate the specific requirements.

# STRENGTH TRAINING AND CONDITIONING

Strength training and conditioning is a crucial element in the development of a student-athlete. Strength & Conditioning designs specific training programs for all student-athletes, as well as instruction on safe and proper implementation of these programs.

Student-athletes are expected to adhere to their specific training programs, with any problems or questions directed to Strength & Conditioning or their Head Coach.

Strength & Conditioning will post facility hours and may adjust hours to meet the needs of the teams. Alumni and staff may be allowed to use facilities in conjunction with team schedules following a meeting with the Director of Strength & Conditioning and signing a waiver.

Student-athletes are expected to adhere with the following rules:

* + Proper workout attire is mandatory. Student-athletes will be notified should something be inappropriate.
	+ Shirts and **TIED** athletic shoes must be worn at all times during workouts. Shoes must be tied tight, not just knotted at the top. If a student-athlete participates in an “outdoor” sport (e.g., soccer, cross country, softball) shoes must be clean before entering the weight room.
	+ Clothing representing colleges or universities other than the University is not permitted.
	+ Towels and germicide are provided for all facility users. Please clean off aerobic equipment after use.
	+ Following a workout, all dirty towels must be returned to a laundry bin or other designated location.
	+ No food or drinks are permitted on the platforms or workout areas of the facility, with the exception of water or other workout-related drinks (e.g,, Gatorade).
	+ Any kind of mess must be cleaned up properly and immediately (e,g., spilled water at the cooler).
	+ All equipment used during a workout must be returned to where it belongs, immediately upon finishing an exercise.
	+ The weight room is for the use of University student-athletes and athletic staff. All others wanting to use the weight room must see the Director of Strength and Conditioning.
	+ Headphones/ear buds are permitted on aerobic equipment ONLY.
	+ Student-athletes are not permitted to use cell phones for calls or texting in the weight room. Leave them in your car, locker or bag. If they are in your bag in the weight room, make sure they are turned off.
	+ The stereo is not to be touched by anyone other than Strength & Conditioning.
	+ Student-athletes must ask Strength & Conditioning about how to perform a particular exercise, use a piece of equipment, or require a spot for any exercise when necessary.

No student-athlete is permitted to be in a weight room without Strength & Conditioning present.

# SPORTS NUTRITION

Nutrition is a critical component of athletic development. Taking care of yourself nutritionally is directly related to your performance.

Proper nutrition and hydration ensures student-athletes have more energy to train and compete, faster recovery from training and competition, and less down time due to illness and injury.

As a student-athlete, you have the opportunity to meet a Sports Dietitian to maximize your performance. The following services are provided:

1. Body composition testing.
2. Nutrition strategies for improving energy for workouts or recovery from workouts.
3. Nutrition strategies for muscle gain.
4. Nutrition strategies for fat loss.
5. Medical nutrition therapy.
6. Provision of vitamins.
7. Nutrition supplement evaluation.
8. Grocery store tours.
9. Cooking demonstrations.

**Sports Dietitians**

**Randy Bird**

Director of Sports Nutrition

Emil: rbird@virginia.edu

Office: 434-243-1148

Cell: 434-466-7324

**Courtney Kawamoto**

Assistant Director of Sports Nutrition

Email: courtneykawamoto@virginia.edu

Office: 434-982-5691

Cell: 503-863-8689

Kailah Murphy

Assistant Director of Sports Nutrition

Email: rqr9yd@virginia.edu

Office: 434-924-8268

Cell: 413-636-1863

Vincenza Ranallo

Football Sports Dietitian

Email: vranallo@virginia.edu

Cell: 224-538-0466

**Connect with us electronically as well:**

Instagram: @UVASportsRD and @uva.athleticdining

Twitter: @UVASportsRD

**BANNED SUBSTANCES**

An increased number of banned substances have been found in nutritional supplements. Student-athletes should only take nutritional supplements provided by Sports Nutrition, unless approved by a Sports Dietitian.

Nutrition supplements include any product (e.g., pill, tablet, powder, liquid, beverage, etc.) designed to supplement an individual’s diet. Examples include vitamins, minerals, herbs or botanicals, amino acids, calorie boosters, a concentrate, metabolite, constituent, extract, or combination of these ingredients.

**FUELING STATIONS**

The fueling stations are located in the Training Grounds Nutrition office and the McCue Weight Room Nutrition Station. Please don’t take food that you can’t reasonably expect to consume within 24 hours.

*Food that is provided at the fueling stations is intended for personal use only. Usage will be monitored and recorded daily and re-stocked accordingly.*

# MEAL PLANS AND DINING SERVICES

Dining Services offers various meal plans for student-athletes.

All incoming first-year student-athletes are required to have a meal plan for the full year. Meal plans are based on the number of all-you-can-eat meals per semester that are taken in the main dining halls and an allowance of “Flex Dollars”, which may be used at a-la-carte locations.

Dining Services maintains an extensive website. For more information on student-athlete meal plans visit the website ([https://virginia.campusdish.com/en/mealplan/).](http://www.Virginia.edu/dining%29)To view the athletic meal plans, click the “View the NCAA Athlete Plans” link associated with your year in school.

Dinner services are available for student-athletes in John Paul Jones Arena dining hall for dinner (Sunday thorough Thursday). Other dining halls located on-Grounds are open for dinner otherwise.

Student-athletes must have an athletic dining plan and their ID to eat in the John Paul Jones Arena dining hall. Student-athletes can use their student ID number six times to enter without their actual ID. Thereafter, student-athletes will have to pay for dinner when they don’t have their ID.

*Student-athletes are expected to take their trays, plates, glasses, etc. to the dish room window after finishing eating.*

# EQUIPMENT ROOMS

The Equipment Rooms are located in the Training Grounds, the lower levels of John Paul Jones Arena and the McCue Center. The Equipment Room staff provides proper, clean, safe and functional athletic equipment and clothing.

Student-athletes are supposed to obtain equipment or clothing at the Equipment Room service window, unless provided the equipment directly in the locker room. Do not enter the Equipment Room without clearance from Equipment Room staff first.

Student-athletes must ask the Equipment Room for equipment or clothing. Do not take equipment. Return all loaned equipment and clothing.

**CLEARANCE NEEDED FOR EQUIPMENT AND CLOTHING**

The Athletics Compliance Office notifies the Equipment Room when a student-athlete is cleared to receive equipment and clothing.

**EXPECTATIONS**

Student-athletes are expected to care for all the equipment and clothing issued to them. Equipment should only be used for practice and competition. Clothing needs regular laundering. It is the student-athletes responsibility to turn clothing to be laundered for practice and games.

If a Head Coach determines that equipment needs to be returned, a student-athlete needs to return the equipment (regardless of condition) to the Equipment Room immediately following the final competitive event of the season. If such equipment isn’t returned, the Athletic Department may charge the student-athlete for the equipment.

**PROHIBITED ACTIVTY**

Student-athletes may NOT trade, sell, exchange or give away the equipment or clothing issued to them. It is a violation of NCAA rules and impacts your eligibility.

# ATHLETICS COMMUNICATIONS

Athletics Communications offers the news media assistance in covering the University’s intercollegiate athletics program. Athletics Communications also coordinates content on the athletics website, publishes game programs, assists with social media platforms and helps to oversee photography for each athletic sport.

Athletics Communications works cooperatively with state, regional and national media outlets as well as with student-athletes. A complete listing of the staff can be found under the “Athletics” tab at the top of the VirginiaSports.com website.

**RESPONSIBILITIES & ASSISTANCE**

Each sport has a specific contact in Athletics Communications. Student-athletes should get to know that individual and understand their role supporting the sport.

Student-athlete interviews with newspapers, television, radio and other media outlets are coordinated through Athletics Communication. Fans are interested in student-athletes, and during their athletic career they may be called upon to interact with the media. This is an opportunity to develop and refine communication skills, which can be beneficial in the classroom, with fellow student-athletes, and in future business and professional careers.

Student-athletes should have a positive relationship with the media. Since this is a learning experience for some, the following guidelines may help develop a successful relationship:

* Athletics Communications will always check with student-athletes concerning the day, time, and location of an interview (in person or via telephone) before it is scheduled. NCAA rules prohibit scheduling media activities and interviews on a student-athlete’s day off. However, if student-athletes voluntarily request the media activity on your day off, you may do so.
* Be on time for scheduled interviews. If a student-athlete has a problem with a scheduled appointment, notify the Athletics Communications so appropriate action can be taken.
* Be courteous with the media. They are professional journalists who have been assigned to cover Virginia Athletics. They should also treat student-athletes with professional courtesy.
* During an interview, avoid negative comments and criticism of any type, particularly of opponents.
* Do not respond to a question if you do not wish to respond. Simply say, “I’d rather not discuss the subject.” If a student-athletes doesn’t want to read, see, or hear it in the media, don’t say it.
* Do not reply to media questionnaires unless instructed to do so by Athletics Communications.
* Wear team-issued apparel (unless it is a professional attire setting) when appearing on camera.
* If student-athletes feel uncomfortable with the questions, answers, or general tone of the interview, politely end the interview and contact the Assistant Athletics Director for Athletic Communications, at (434) 982-5500.
* If student-athletes are pleased with the results of an interview, take time to let the reporter know by dropping a note or saying hello the next time you meet.

Any questions concerning interview requests or media coverage should be directed to a representative of Athletics Communications at (434) 982-5500 or your sport contact which can be found here: <https://virginiasports.com/athletic-communications/>

# TICKETS TO ATHLETICS EVENTS

Student-athletes are permitted to be admitted to regular-season home events in which they are not a participant at no cost. Post-season events may have a cost associated.

For home events other than men’s basketball games, student-athletes can enter an event by presenting their current, valid student ID at the student gate.

For men’s basketball home games, student-athletes will need to first register their online student ticketing account, if not already done so at UVATix.com. Student-athletes may request a ticket for each home during the scheduled request period or obtain one on-demand anytime thereafter.

Request periods and the on-demand schedule can be found at virginiasports.com/student-tickets. Tickets are subject to availability based on demand. If the student-athlete is awarded a ticket, they must bring their mobile device with the digital ticket and student ID to the Student Entrance at John Paul Jones Arena.

If a student-athlete participates in a sport in which admission is charged, they are permitted to request complimentary admissions through ARMS. The number of complimentary admissions is based on NCAA, ACC and University rules and regulations.

Student-athletes are not permitted to sell or exchange complimentary admissions for home or away games or contests for money or anything of tangible value. If a student-athlete sells or exchanges their complimentary admissions, it would be a violation of NCAA rules and could result in a loss of eligibility.

Complimentary admissions are not always available for student-athletes’ guests for postseason events held on or off Grounds. Departmental decisions dictate to what extent complimentary for student-athletes will be made available.

# PARKING AND TRANSPORTATION SERVICES

Student-athletes must follow all Parking and Transportation’s policies and procedures and park in designated areas only.

Any tickets received by a student-athlete not following Parking and Transportation’s policies and procedures will be the sole responsibility of that student-athlete.

Most events at John Paul Jones Arena will require permit holders to vacate the parking lots surrounding the arena by a posted time. Automobiles not able to vacate the lots by the posted time will be subject to ticketing and towing.

**Student-athletes may not sell, trade, or provide their parking pass to another individual or student-athlete.**

## UNIVERSITY TRANSIT SYSTEM

The University Transit System provides safe, reliable, and courteous transportation to all students, employees, and visitors to the University. For routes, maps, and times, visit the UTS website at: <http://www.virginia.edu/parking/uts/index.html>