Dear Student-Athletes:

As the Faculty Athletics Representative, it is my pleasure to welcome you back to NKU, especially our seniors, for what I hope will be your best season yet, both academically and athletically. To freshmen and new transfer student-athletes, a special welcome to a very special and dynamic institution of higher education.

Northern Kentucky University is strongly committed to your academic success, as well as providing you with the resources to be a successful athlete. While we recognize how important the involvement in your sport and competition are to you, please do not lose sight of the fact that completing your degree, and preparing for life after athletics should be the primary goal. Take time to learn what support is available to you, and please take advantage of it. You are the key ingredient to your success.

This handbook is provided to assist you in adjusting to student life at NKU. It contains information on various aspects of University life, including athletic policies and regulations. It is strongly recommended that you become familiar with the contents of this handbook. Often times you will be faced with a difficult situation and not sure as to how to handle it. This handbook will give guidance and be a resource.

While a student-athlete, you are held to many eligibility requirements by the University, the NCAA, and the Great Lakes Valley Conference. Each semester, the Registrar’s Office and I must certify your eligibility. These requirements can be complicated, daunting, and confusing. Please take the time to familiarize yourself with the “Rules Compliance” section of this manual. If you have any questions about the rules, or your eligibility status, please discuss them with Chrissy Soards, Assistant Athletic Director for Compliance & Student-Athlete Services, or me.

If you have any other concerns, problems or issues that relate to your athletic program, first express your concerns with your coach, Scott Eaton, Senior Associate Athletic Director, or the Athletic Director. If your issues are unresolved or you are not comfortable in expressing your problem to members of the Athletic Department, the next step is to discuss the issue with me or a member of the University Athletic Council. The NKU Athletic Council, whose members are appointed by the President of the University, is charged with monitoring the Athletic program.

In an attempt to best serve our students and to provide the best experience possible, we seek and value student-athlete feedback on their athletic experience and programs. I strongly encourage all senior athletes, at the conclusion of your sport participation, to complete the anonymous on-line student-athlete evaluation survey, and/or participate in an “exit interview” with a faculty member from the Athletic Council or me, in which you will share those aspects that made your experience positive or what could have been better. We value your opinions, as they can help us to make the program even stronger for those student-athletes who follow you at NKU.

Wishing you all the best of luck during the upcoming academic year and competitive season!

Dr. Mary F. Kirk
Professor of Kinesiology
Faculty Athletics Representative
ACH 105 572-5194 kirkmf@nku.edu
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ATHLETIC DEPARTMENT PHONE NUMBERS & E-MAIL ADDRESSES

(AREA CODE 859)

ADMINISTRATION

TBD.................................................................572-5193
Director of Athletics
Dr. Mary Kirk ..................................................572-5194
Faculty Athletics Representative
kirkm@nku.edu
Dr. Rudy Garns ..............................................572-5528
Aesthetic Council Chair
garns@nku.edu
Olivia Birkenhauer ........................................572-6922
Norse Athletics Club President
Scott Eaton ......................................................572-6539
Senior Associate AD for Administration
eatons@nku.edu
Kurt Moeller....................................................572-6922
Associate AD of Development
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Chris Hafling ..................................................572-7665
Director of Marketing & Promotions
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Chrsissy Soards .............................................572-7572
Assistant AD for Compliance & Student-Athlete Services
soardsC1@nku.edu
Molly Hutson ..................................................572-1487
Associate AD of Risk Management/Sports Medicine
hutsonM@nku.edu
Noriko Masamoto .............................................572-5118
Associate Athletic Trainer
masamoton@nku.edu
Frank Shipley ..................................................572-5921
Assistant Athletic Trainer
Don Owen .........................................................572-5470
Sports Information Director
owend@nku.edu
Mike Anderson.................................................572-7659
Assistant Sports Information Director
andersonM3@nku.edu
Jeanne Papania..................................................572-5133
Business Manager
papaniaJ@nku.edu
Dustin Peyton ...................................................572-5940
Athletics Facility Manager
peytonD@nku.edu
Steve Kruse .....................................................572-5193
Administrative Assistant
kruses@nku.edu
Mary Beth Ward ..............................................572-5665
Administrative Assistant
wardma@nku.edu

COACHES

Todd Asalon..................................................572-6474
Baseball Coach
asalont@nku.edu
John Basalyga ...............................................572-7570
Men’s Soccer Coach
basalygaj@nku.edu
Dave Bezold.....................................................572-5192
Men’s Basketball Coach
bezoldD@nku.edu
Carlos Chia......................................................572-6372
Women’s Volleyball Coach
chia@nku.edu
Geoff Crawford..............................................513-496-5894
Men’s and Women’s Tennis Coach
gcrawford3@cinci.rr.com
Steve Kruse ....................................................572-5193
Men’s and Women’s Cross Country and
Track & Field Coach
kruses@nku.edu
Daryll Landrum...............................................391-2822
Men’s and Women’s Golf Coach
landrumD@nku.edu
Daren Harris....................................................393-9896
Cheerleading Coach
harrisd@nku.edu
Bob Sheehan ....................................................572-7742
Women’s Soccer Coach
sheehanr@nku.edu
Kathy Stewart..................................................572-5939
Softball Coach/Senior Woman Administrator
stewartK1@nku.edu
Nancy Winstel..................................................572-5195
Women’s Basketball Coach
winstel@nku.edu
CAMPUS PHONE NUMBERS

(AREA CODE 859)

Admissions ................................................................. 572-5220
AHC Athletic Training Room ........................................... 572-5118
BOK Athletic Training Room .......................................... 572-1487
Baptist Student Union .................................................. 572-5955
NKU Bookstore ............................................................ 572-5141
Cafeteria ....................................................................... 572-5212
Campus Recreation ...................................................... 572-5197
Career Development ..................................................... 572-6196
Health Services ............................................................ 572-5650
Information Technology .................................................. 572-6911
Learning Assistance Center .......................................... 572-5475
Newman Center ........................................................... 781-3775
Parking Office ............................................................... 572-5505
Registrar ....................................................................... 572-5556
Residential Life/Housing ................................................. 572-5676
Steely Library ............................................................... 572-5636
Student Financial Assistance ......................................... 572-5143
Student Life ................................................................... 572-6514
Student Support Services .............................................. 572-5138
MISSION, ENDURING GOALS, AND PHILOSOPHY

I. MISSION STATEMENT

The primary mission of Northern Kentucky University’s intercollegiate athletics program is to provide a natural extension of secondary school programs, offering skilled student-athletes the opportunity to continue their educational and athletic experiences beyond high school. The program will function at a level and in a manner that project a positive image for the University in the community. Membership in the National Collegiate Athletic Association Division II and Great Lakes Valley Conference, and adherence to the governing philosophies and regulations of these bodies, provide a framework for implementing this mission statement.

II. ENDURING GOALS

In its activities and programs, the NKU Intercollegiate Athletics program will strive:

A. To insure student-athletes have a positive academic and athletic experience that provides further development of athletic skills, personal mental and social growth, and in some instances, possible career preparation. The Athletics Department shall be constantly aware of the primacy of the academic over the athletic and shall do all it can to urge student-athletes to attain a meaningful education culminating in the attainment of their degree.

B. To become a premiere NCAA Division II athletics program in all sports sponsored. The Athletics Department shall aim at observing and fulfilling the objectives and regulations of the Great Lakes Valley Conference (GLVC) and the National Collegiate Athletic Association (NCAA). The Athletics Department will aim to be consistently competitive within the GLVC and the NCAA Division II.

C. To be guided by the United States federal government’s Title IX of the Education Amendments of 1972 and the principles of gender equity that insures equal opportunity for all students and to provide equal opportunities in employment within the athletics staff.

D. To continue to strengthen the fund raising capabilities to improve the overall operation and insure the overall growth of the program. The Athletics Department is committed to improve the funding of all sports programs with resources from organized fund-raising activities of the Norse Athletics Club.

E. To provide the main athletic complexes in the northern Kentucky region for hosting Kentucky High School Athletic Association (KHSAA) regional, sectional, and state competitions; United States Olympics events; GLVC conference championships; and, NCAA regional and national competitions.

F. To be cognizant that the intercollegiate athletics program endeavors are not ends in themselves but are directed to the benefit of each student-athlete as a total person in particular and to the good of the University as a whole.

G. To project a positive image of the University within the northern Kentucky community and the surrounding region.

III. PHILOSOPHY

Northern Kentucky University’s intercollegiate athletic program is a natural extension of secondary school programs, offering skilled student-athletes the opportunity to continue their development beyond high school, just as the University provides such opportunities in other ancillary and extracurricular activities. Such opportunities are consistent with the University’s principal mission of providing academic opportunities, and also with public expectations.

The University believes that athletics should be an educational experience rather than an economic venture and it will continue to develop policies and seek personnel to advance this philosophy. The overall educational experience of the individual athlete is our highest priority in the sense that the University will not allow other possible aims of the athletic program to subvert the benefits to student-athletes. Given that the athlete’s academic career is our first concern, we nevertheless recognize the important contributions that athletic competition can make to the individual participants. These contributions should include:

A. The further development of athletic skill. In this sense intercollegiate athletics are an extension of physical education, recreational play, and interscholastic competition.

B. The personal growth, notably in the areas of confidence, a sense of personal worth, a healthy competitive spirit, social presence, cooperative behavior, discipline and responsibility. In this sense intercollegiate athletics share the values of all campus extracurricular activities.

C. The opportunity for close learning and personal relationships with a coach-teacher. In this sense a student-athlete’s relationship with their coach(es) can be comparable to the best student-teacher relationships and are consistent with the teaching mission of the university.

D. For a few students, possible career preparation, most probably not as professional athletes but more likely as coaches or teachers, paid or volunteer. In this sense athletics are consistent with the University’s mission of career preparation, an important consideration in a sports-conscious society.
The University’s intercollegiate athletics program will provide an environment where student-athletes can benefit from participation. The program will provide competitive opportunities governed by principles of fair play, sportsmanship, ethical conduct, rules compliance and amateur competition and a concern for the physical, emotional and social well being of the participants. The program will provide equal opportunity and a culture of openness and inclusion that values diversity of student-athletes and staff. The program will promote an atmosphere of respect for and sensitivity to the dignity of student-athletes and staff. The program will function at a level and in a manner that project a positive image for the University in the community. The program is committed to service and public engagement that advances the progress of the region and the Commonwealth. Membership in Division II of the NCAA and the Great Lakes Valley Conference, adherence to Title IX and the Office of Civil Rights guidelines, and adherence to the governing philosophies and regulations of these bodies, provide a framework for implementing this philosophy of NKU’s intercollegiate athletic program.

**STUDENT-ATHLETE CONDUCT**

**STUDENT-ATHLETE CODE OF CONDUCT**

The Intercollegiate Athletic program at Northern Kentucky University facilitates the personal growth and education of students through their participation in a comprehensive sports program within NCAA Division II and the Great Lakes Valley Conference. As an integral part of the University, the Intercollegiate Athletic program actively promotes fair competition, fosters the pursuit of academic and athletic excellence, supports core institutional values of equity and diversity, and provides community enrichment.

The University is proud of the high caliber of its student-athletes. The Intercollegiate Athletic program is committed to the guiding principles of honesty, integrity, respect, ethical conduct, teamwork, and hard work in support of student-athletes in their roles as scholars, athletes, campus leaders, and community members.

The University expects its student-athletes to train and strive for their highest degree of athletic excellence and sportsmanship; to demonstrate academic integrity and accomplishment; and to conduct themselves responsibly as members of the campus and larger community.

**I. Standards of Conduct**

It is a privilege and not a right to be a student-athlete and all student-athletes are expected to conduct themselves in a manner that exhibits honor and respect to the team, department, University and surrounding community for the duration of their tenure as a student-athlete. As a member of the student body at Northern Kentucky University, student-athletes must act in accordance with the Code of Student Rights and Responsibilities, as published by the institution (www.nku.edu/~deanstudents). In addition, student-athletes are accountable to the following authorities (hereafter referenced as “governing authorities”):

- Local ordinances, and State and federal laws, both civil and criminal (“laws”);
- National Collegiate Athletic Association (NCAA);
- Great Lakes Valley Conference (GLVC);
- Northern Kentucky University (NKU);
- Department of Intercollegiate Athletics;
- Respective Team Rules

For clarification of the governing authorities, student-athletes should consult with a member of the coaching staff or administration. Violation of any of the standards of conduct encompassed in these authorities may result in discipline as described in Section IV below, as well as civil and/or criminal liability.

**Reporting Obligation.** All student-athletes are obligated to report any violations of this Code of Conduct to their Head Coach or to the Director of Athletics within 24 hours of becoming aware of the violation. This obligation is in effect year-round, including semester and summer breaks.

**II. Definitions**

**A. Student-Athlete.** Once students are accorded the status of a Northern Kentucky University student-athlete, they are expected to act in accordance with this Code of Conduct until the completion of eligibility, including semester and summer breaks, or such time that they are no longer a student-athlete at NKU. Students are bound by this Code at the point at which there is intent to enroll at the University, including but not limited to, their formal admission and/or attendance at Summer Orientation prior to initial enrollment.

**B. Team Function.** An athletic team function is defined as any on or off-campus gathering organized, arranged or initiated by Department of Athletics staff, or team members, where the intent or reason to gather is to conduct business or engage in any athletic or social activity related to the team’s purpose. If any standards established by the governing authorities are violated during a team function, and there is no clear evidence that the team attempted any restraining action through its members, the team will be held responsible and disciplinary action taken.
C. Hazing. Hazing is any act - whether physical, mental, emotional or psychological - that subjects another person, voluntarily or involuntarily, to conduct that may abuse, mistreat, degrade, humiliate, harass or intimidate or otherwise compromise the inherent dignity of the person; and, any type of initiation or other activity where there is an expectation of individuals joining a particular team to participate in behavior designed to humiliate, degrade or abuse them regardless of the person’s willingness to participate. In addition, any requirements by a team member that compel another member to participate in any activity which is against University policy or law will be defined as hazing. Further clarification of what constitutes hazing is contained in the Northern Kentucky University Department of Athletics Hazing Policy, and in the Student-Athlete Agreement Concerning Hazing, a copy of which is attached to this document.

D. Sportsmanship. Sportsmanship shall be defined in accordance with the standards of the NCAA, GLVC, and the University Department of Athletics. In general, a sportsperson is one who can take a loss or defeat without complaint, a victory without gloating, and who treats opponents with fairness, generosity and courtesy. Sportsmanship is respect for oneself, teammates, coaches, officials, opponents, and property. Sportsmanship also requires maintaining self-control, and refusing to be drawn into or encourage physical conflict not otherwise required by proper execution of the sport. All student-athletes are obligated to represent themselves, the team, the Athletics Department, the University, their families, and their communities, with the highest level of sportsmanship.

E. Public Media. Public media refers to technologies used to communicate messages (dissemination of fact, opinion, and entertainment) and whose mission is to serve or engage a public. Public media domains include print outlets (such as newspapers, books, magazines, posters, flyers, etc.), traditional public and commercial broadcasts (such as TV, radio, film), digital (such as the Internet, e-mail, social networks, podcasting, chatrooms and blogging) and any new platforms and distribution mechanisms to expand reach and engage audiences (listeners, users). When utilizing any public media outlets, student-athletes are expected to conduct themselves responsibly as members of their respective team, the Athletics Department, the University and the community. Further clarification is contained in the Northern Kentucky University Department of Athletics Social Network Policy, a copy of which is attached to this document.

III. Prohibited Conduct.

Prohibited conduct includes violation of any of the standards established by the governing authorities identified above. By way of illustration, and without limitation to these prohibitions, student-athletes must not violate any of the policies described below. These and other prohibitions are described in more detail in NKU’s Code of Student Rights and Responsibilities (www.nku.edu/~deanstudents), the Great Lakes Valley Conference Handbook, and the National Collegiate Athletic Association Manual.

A. Academic Dishonesty. The Department of Athletics expects students to engage in all academic pursuits in a manner beyond reproach. Offenses against academic honesty are any acts that would have the effect of unfairly promoting or enhancing one’s academic standing, including cheating, plagiarism, knowingly permitting or assisting any person in the commission of an offense of academic dishonesty, or any violation of the Northern Kentucky University Honor Code.

B. Alcohol. Prohibited acts include (1) possessing or consuming alcohol if under the age of 21, (2) operating a motor vehicle while under the influence of alcohol, (3) misrepresenting one’s age for the purpose of purchasing, possessing, or consuming alcohol, (4) purchasing, furnishing, or serving alcohol to or for an underage person, (5) being dangerously intoxicated to the point where State law mandates being taken into custody, (6) other prohibited acts as outlined in the NKU Code of Student Rights and Responsibilities, (7) violations of additional Team Rules regarding alcohol use, and/or (8) consumption of alcohol during team travel or at team functions.

C. Other Drugs. Prohibited acts include (1) possessing or using illegal substances, as defined by law, (2) possessing or using controlled substances as defined by law (provided that controlled substances may be taken pursuant to a properly issued prescription in the amount prescribed), (3) distributing, selling, or possessing with the intent to distribute illegal or controlled substances, as defined by law, (4) using tobacco products during practice, competition, or other team functions, (5) other prohibited acts as described in the NKU Code of Student Rights and Responsibilities.

D. Nutritional or Dietary Supplements. Many nutritional/dietary supplements contain substances banned by the NCAA. In addition, the U.S. Food and Drug Administration does not strictly regulate the supplement industry; therefore, the purity and safety of nutritional/dietary supplements cannot be guaranteed. Impure supplements may lead to a positive NCAA drug test and thus affect the eligibility of student-athletes. To avoid violation of this standard, as question arise student-athletes should contact the team physician or athletic trainer and/or consult the list of banned drugs as described in NCAA Division Bylaws.

E. Hazing. Hazing in connection with membership or participation in University athletic teams or team activities is strictly prohibited. See definition of “hazing” above and the Department of Athletics’ Student-Athlete Agreement Concerning Hazing, attached.

F. Violence. NKU’s violence prevention policies, and response procedures for violent incidents, are intended to protect the health and safety of the campus and the community and ultimately to advance the educational mission of the University. Student-athletes are prohibited from engaging in violent acts including sexual violence (date rape, stranger rape, sexual harassment); hate crimes; hazing; assault on a person or property; stalking, or any other conduct prohibited by University policy and/or law.
G. Disrespect. When serving as representatives of the University athletic program, student-athletes are required to comport themselves in a manner respectful of themselves, their team, the University and its Department of Athletics, game officials, opponents, and property. Student-athletes are to refrain from disrespectful conduct such as unsportsmanlike conduct; profane, abusive, demeaning, harassing, threatening or obscene expression; or deliberate damage to equipment or other property. Disrespectful conduct will be reviewed by the Head Coach and Director of Athletics and may result in disciplinary action.

H. Poor Sportsmanship. Student-athletes at the Northern Kentucky University are held accountable to a high standard of ethical conduct in all activities affecting the athletics program. “Unsportsmanlike” conduct, as defined by the NCAA, GLVC, Northern Kentucky University, or in Section II. D. above will be reviewed by the Director of Athletics and may result in disciplinary action.

I. Gambling and Bribery. Student-athletes shall not knowingly (1) Provide information to individuals involved in organized gambling activities concerning intercollegiate athletics competition, (2) Solicit a bet on any intercollegiate team, (3) Accept a bet on any team representing the institution, (4) Solicit or accept a bet on any intercollegiate competition for any item that has tangible value (e.g. cash, clothing or equipment, meals), and/or (5) Participate in any gambling activity that involves intercollegiate athletics or professional athletics through a bookmaker, a parlay card or any other method employed by organized gambling.

J. Unexcused Class Absences and Poor Academic Performance. Student-athletes are expected to attend class regularly and punctually, and to fulfill course load and academic performance requirements. Failure to meet such obligations may affect eligibility to participate in team sports and scholarship eligibility, as well as academic standing.

K. Failure to Meet Team Obligations. Student-athletes must complete training requirements; arrive promptly for team practices, meetings, and departures for away games and other team events; attend team functions; and otherwise fulfill their responsibilities as team members. Absences must be excused in advance by the Head Coach unless an unforeseeable emergency arises.

L. Misuse of Media. Student-athletes are highly visible representatives of the university and they are expected to uphold the values and responsibilities of the University while meeting all requirements set forth by the GLVC, the NCAA and NKU’s intercollegiate athletics program. It is important that student-athletes recognize the power of public media domains and the potential negative image that they can portray about student-athletes, coaches, the athletics program, and the university. The NKU Department of Athletics prohibits the malicious use of on-line social networks or any public media domain. The malicious use of on-line social networks or any public media domain will not be tolerated and may result in disciplinary action.

IV. Disciplinary Process and Sanctions.

The Department of Athletics’ disciplinary process is independent of, and supplements, the University judicial process. The Department of Athletics may levy sanctions above and beyond those levied by the normal University judicial process, and for violations that do not fall under the rules of other authorities. Sanctions will vary depending on the type and circumstances of the violation. A first-time offense may be serious enough to warrant any of the possible sanctions listed in IV.F below. Failure to participate and cooperate in an Department of Athletics, Great Lakes Valley Conference, or NCAA investigation of a possible violation of this Code of Conduct, conference rules, or NCAA rules, may itself constitute a basis for disciplinary action.

A. Violations of Team Rules. Head Coaches will establish team rules consistent with this Code of Conduct. Team rules shall be in writing and distributed to team members at the start of each academic year or the beginning of the playing season, whichever comes first. The Head Coach and the Director of Athletics have the authority to impose sanctions for the violation of team rules but the Head Coach shall not impose the sanction of suspension or expulsion from the team without first discussing the circumstances of the suspension or expulsion with the Director of Athletics.

B. Violations that fall under the Department of Intercollegiate Athletics Health, Alcohol and Drug Education & Assistance Program. Such violations will be dealt with according to the requirements of this program.

C. Violation of Rules or Policies other than Team Rules. For violations of rules and policies other than team rules (e.g., violations of GLVC or NCAA rules, the Student Code of Conduct, etc.) the Director of Athletics, or the Head Coach with the approval of the Director of Athletics may impose sanctions.
D. Violation of Criminal Law. When a student-athlete has engaged in conduct alleged to be in violation of criminal law, immediately upon receipt of notice of such possible violation the Head Coach must report the information to the Director of Athletics.

Student-athletes arrested for, or charged with, violating the criminal law will be placed on immediate administrative suspension from involvement in team activity pending further investigation. If a violation would constitute a misdemeanor, the Head Coach in consultation with the Director of Athletics may in the exercise of his/her reasonable discretion lift the administrative suspension. If a violation of law constitutes a felony, the administrative suspension may be lifted only upon authorization of the Director of Athletics. In all cases in which a student-athlete is arrested for or charged with illegal use of drugs, illegal gambling, or sexual misconduct or violence, the student-athlete will be immediately suspended, and the suspension may be lifted only by the Director of Athletics.

The Head Coach may, for violation of criminal law, impose team sanctions on the student-athlete apart from suspension with the approval of the Director of Athletics.

E. Multi-Sport Athletes. Multi-sport athletes will not be relieved of any sanctions previously imposed in connection with rules violation while participating in another team sport when changing sports.

F. Possible sanctions include, but are not limited to:
   1. Warning. The issuance of a written warning.
   2. Probation. Special status with conditions imposed for a limited time.
   3. Community Service.
   4. Restitution. Payment for damaged property.
   5. Temporary Suspension. Removal of a student-athlete from all Department of Athletics activities, including athletic participation in team events, for a limited period of time.
   6. Suspension. Removal of a student-athlete from all Department of Athletics activities, including athletic participation in team events, for a specified period of no less than one season.
   7. Expulsion. Permanent removal from a team and/or Department of Athletics activities.

V. Appeals

Procedures for appeals of matters pertaining to the renewal of financial aid are governed by NCAA rules and described in the NCAA Manual. Appeals of matters that fall under the Department of Intercollegiate Athletics Health, Alcohol and Drug Education & Assistance Program are prescribed in that program.

Coaches are expected to provide the opportunity and time to student-athletes to discuss a decision to restrict their participation or to remove them from the team.

**Appeal of a Coach’s Decision** If a disagreement cannot be resolved between a coach and player, the student-athlete may appeal the decision in writing to the Director of Athletics. This appeal must be made within 14 calendar days from the student-athlete’s meeting with the head coach. In the event there is a disagreement on a decision that cannot be deferred until a hearing with the Director of Athletics is held, the decision of the head coach shall stand until such time as a hearing can be arranged.

**Appeal of a Director of Athletics Decision** A student-athlete (or a sport team or sports program) may appeal a decision of the Director of Athletics, either in independently imposing a sanction or upholding a coach’s sanction, to the University Athletic Council if the decision affects participation in intercollegiate athletics.

The appeal will follow the following steps:

1. The appeal must be made in writing to the chair of the Athletic Council within 14 calendar days after exhausting any prescribed appeals within Intercollegiate Athletics.
2. The Executive Committee of the Athletic Council, augmented by one student appointed by the chair, will serve as the hearing committee for the appeal.
3. The appeal will adhere to the following procedure:
   a. The appeal letter must include a summary of any meetings about the decision with personnel in Intercollegiate Athletics.
   b. The hearing committee will collect evidence by research and interview. Insofar as possible, all parties directly involved in the appeal will cooperate by honoring the committee’s requests for information. Both the student-athlete and personnel in Intercollegiate Athletics will have the right to defend their positions.
   c. The hearing committee will have the opportunity to review other relevant information, including information from public authorities, court records, law enforcement officers, University officers and agencies, and other persons.
d. At the hearing, the student-athlete will be given the opportunity to make an oral and written statement about the circumstances and why he or she feels reinstatement is warranted. The student-athlete may be accompanied by a personal advisor. This advisor must be a member of the University community (e.g. student, faculty, or staff), may play no other role in the hearing (e.g. as witness), and may neither speak nor otherwise represent their advisees in the hearing.

e. All information regarding the appeal and the committee deliberations must be held in strict confidence.

f. The hearing committee will review the appeal, render a decision, and send notification of this determination to the student-athlete, Director of Athletics, and other directly affected personnel in Intercollegiate Athletics.

g. If the student-athlete, Director of Athletics or other directly affected Athletics personnel is not satisfied with the hearing committee’s determination, he/she may appeal the case to the Vice President for Student Affairs. The appeal must be in writing and submitted to the Vice President for Student Affairs within five working days of the date of notification of the hearing committee’s determination. The entire file of the case must be forwarded to the Vice President for Student Affairs’ office at the time the appeal is made.

h. The Vice President for Student Affairs determination will be final and will be based upon the evidence that which was presented to the appeals panel either oral or written.

i. The Vice President for Student Affairs will notify those persons involved of the determination.

VI. Referral to Counseling
Students who, in the judgment of their Coach or the Director of Athletics, evidence a need for professional assistance will be referred to appropriate counseling resources. It is the student-athlete’s responsibility to follow up on this referral and to adhere to professional recommendations.

VII. Records Privacy
Federal and State law, and related University policy, governing the access to student records applies to the administration of this Code of Conduct. For information, see http://www.nku.edu/~deanstudents

VIII. Drug Testing
Student athletes are required to consent in writing to drug testing under the terms of NCAA policy on drug testing, as a condition of the privilege of participating in intercollegiate sports. Failure to provide such consent shall result in immediate suspension and possible permanent expulsion from the team.

IX. Agreement/Waiver
I understand and agree that I am required to know, understand and follow the standards contained in the Northern Kentucky University Department of Athletics Student-Athlete Code of Conduct. In addition, I understand and agree that I am responsible for knowing, understanding, and following the rules, policies, and procedures contained in the complete Northern Kentucky University Code of Student Rights and Responsibilities, which can be found at http://www.nku.edu/~deanstudents.

*This statement must be signed off by every student-athlete participating in NKU athletics.

SPORTSMANSHIP

I. NCAA General Principle Regarding Honesty and Sportsmanship
[NCAA Bylaw 10.01.1]
Individuals employed by (or associated with) a member institution to administer, conduct or coach intercollegiate athletics, and all participating student-athletes, shall act with honesty and sportsmanship at all times so that intercollegiate athletics as a whole, their institution and they, as individuals, shall represent the honor and dignity of fair play and the generally recognized high standards associated with wholesome competitive sports.

II. GLVC Sportsmanship Statement
The Presidents, Faculty Athletic Representatives, Athletics Directors, Senior Woman Administrators and coaches in the conference are committed to maintaining sportsmanship and healthy competitive environments. The GLVC will strive to promote environments that are hospitable; the conference does not believe that it is desirable to create a hostile environment for intercollegiate athletic contests. The members believe that part of the mission of intercollegiate athletic programs, within an educational context, should be to set an example for students and communities of how to act with sportsmanship and respect for opponents.

Therefore, the GLVC expects all participants to treat opponents and officials with respect. Failure to do so may lead to penalties. Trash talking, taunting, baiting, celebrations that demean opponents, vulgar or profane language, intimidating actions, fighting, attempts to injure, and any other malicious or violent conduct may be penalized by contest officials and/or the conference. At the same time, the conference has no desire to take away the joy and exuberance that naturally occurs following an exciting play or contest. Rather, the intent of the conference is to encourage sportsmanship and honest competition.

As a Great Lakes Valley Conference student-athlete, I understand that the use of inappropriate language, taunting, baiting, or the use of unwarranted physical contact, directed at opposing players, coaches, or fans are contrary to the spirit of fair play and the sportsmanship the conference expects of its members.
I understand that any unsportsmanlike action during the course of the contest may result in an immediate penalty assessed to me or my team. Furthermore, I understand that game officials have been instructed that they may assess such penalties without prior warning. In signing this form, I pledge my efforts to promote GLVC sportsmanship policies.

See GLVC Student-Athlete Pledge of Sportsmanship in Appendix.

GLVC EJECTION POLICY

All game personnel, including coaches, student-athletes, managers, and athletic trainers, who are ejected from a regular season or GLVC Tournament contest, will be suspended from the team’s next contest. The suspension will carry over to the following season if the ejection occurs in the final contest. This policy will not be enforced as a result of an ejection that occurs in a NCAA Championship contest.

Any bench personnel, including student-athletes, other than the head coach who leaves the bench area when a fight may break out or has broken out, during a GLVC Championship event, or Tournament, shall be ejected from the contest and suspended for the next game. The suspension will carry over to the following season if the ejection occurs during the final contest.

HAZING

I. Northern Kentucky University Prohibition on Hazing

In accordance with Kentucky Revised Statute (KRS) §164.375, Northern Kentucky University prohibits any action or situation that recklessly or intentionally endangers mental or physical health or involves the forced consumption of liquor or drugs for the purpose of initiation into or affiliation with any organization.

II. Northern Kentucky University Department of Athletics Prohibition on Hazing

In accordance with University policy, the NKU Department of Athletics supports only those activities which are constructive, educational, inspirational, and that contribute to student-athletes’ intellectual and personal development. NKU Athletics unequivocally opposes any situation created intentionally to produce mental or physical discomfort, embarrassment, harassment, or ridicule.

III. Hazing Definitions

NKU Department of Athletics interprets hazing as:

1. Any act whether physical, mental, emotional or psychological, which subjects another person, voluntarily or involuntarily, to anything that may abuse, mistreat, degrade, humiliate, harass or intimidate the person, or which may in any fashion compromise the inherent dignity of the person.

2. Any type of initiation or other activity where there is an expectation of individuals joining a particular team to participate in behavior designed to humiliate, degrade or abuse them regardless of the person’s willingness to participate.

3. In addition, any requirements by a team member which compels another team member to participate in any activity which is against university policy or state/federal law will be defined as hazing.

Hazing behaviors generally fall into one of the following categories:

1. SUBTLE HAZING: Actions that are against accepted organization standards of conduct, behavior and good tastes. An activity or attitude directed toward a prospective team member or team member or an act which ridicules, humiliates or embarrasses.

2. HARASSMENT HAZING: Anything that causes mental anguish or physical discomfort to the prospective team member or team member. Any activity directed toward a prospective team member or team member which confuses, frustrates or causes undue stress.

3. VIOLENT HAZING: Anything that causes physical and/or emotional harm.

Actions and activities which are prohibited include, but are not limited to, the following:

- Requiring any type of initiation or other activity where there is an expectation of individuals joining a particular team to participate in behavior designed to humiliate, degrade, or abuse them regardless of the person’s willingness to participate.
- Expecting or pressuring individuals to participate in an activity in which the full membership is not willing to participate.
- Ignoring or ostracizing or publicly shunning a team member or prospective team member(s)
- Calling certain/prospective team members demeaning names or requiring them to address other members as Mr., Miss, etc.
- Requiring silence periods for certain/prospective team members
- Using any form of demerits
• Causing sleep deprivation
• Using any form of questioning under pressure or in an uncomfortable position
• Requiring certain/prospective team members to wear ridiculous costumes or perform ridiculous activities including stunt or skit nights/events with demeaning and/or crude skits and/or poems
• Requiring certain/prospective team members to enter by back door or go up back staircase or limiting access to facilities
• Requiring certain/prospective team members to perform personal service for other team members such as carrying books, running errands, performing maid duties, etc.
  • This prohibition DOES NOT include team errands assigned by the coaching staff such as carrying equipment, etc.
• Subjecting a team member to cruel and unusual psychological conditions.
• Playing morally degrading/humiliating games or other activities that make a team member the object of amusement, ridicule or intimidation
• Forcing, requiring, or pressuring an individual to tattoo, pierce, or any alteration of hair styles and any part of the body.
• Placing any requirement or pressure on an individual to participate in any activity which is illegal, perverse, publicly indecent, contrary to generally accepted societal norms and/or beliefs (e.g. public profanity, indecent or lewd conduct or sexual gestures in public.)
• Performing any activity or action that creates risk to the health, safety, or property of the University or other members of its community.
• Forcing or requiring calisthenics, such as push-ups, sit-ups, and runs in a situation or setting not related to team training/supervised by the coaches.
• Assigning or endorsing pranks such as stealing from or harassing another organization
• Awakening or disturbing individuals during normal sleeping hours.
• Causing physical abuse of any kind.
• Forcing, encouraging, or pressuring someone to wear in public apparel which is conspicuous and not within the norm of what is considered to be in good taste.
• Engaging in public stunts and buffoonery.
• Forcing nudity at any time.
• Forcing reading, listening, or viewing of pornographic material.
• Paddling, beating, or otherwise permitting a team member to hit other members.
• Having substances such as eggs, mud, paint, and honey thrown at, poured on, or otherwise applied to the body of a member.
• Forcing, requiring or pressuring an individual to consume alcohol or any other substance.
• Requiring eating of anything an individual would refuse to eat otherwise.

IV. Sanction Guidelines

Student-athletes identified as participants in, or aware of and failing to report, hazing activities against any individual or individuals including prospective team members and/or team members will be subject to disciplinary sanctions in accordance with the Student-Athlete Code of Conduct, the University’s Code of Student Right’s and Responsibilities, and/or the University’s Administrative Regulations. See NKU Sanction Guidelines and NKU Appeals Process in Appendix.

SPORTS WAGERING

Sports wagering includes placing, accepting or soliciting a wager (on a staff member’s or student-athlete’s own behalf or on behalf of others) of any type (any item of value- e.g. cash, shirt, dinner) with any individual or organization on any intercollegiate, amateur or professional team or contest. Examples of sports wagering include, but are not limited to, the use of a bookmaker or parlay card; Internet sports wagering; auctions in which bids are placed on teams, individuals or contests; and pools or fantasy leagues in which an entry fee is required and there is an opportunity to win a prize.

In other words...
• You may not place or accept a bet of any sort on any intercollegiate or professional sporting event.
• You may not give information to anyone who does place bets on intercollegiate or professional sports.
That means…

• No wagers on ANY professional or college sports event, even those that do not involve Northern Kentucky University.
• No sports “pools”, even those run by your friends or “fantasy leagues” that involves fees, prizes, or cash payouts.
• No internet gambling on sports events.
• No sports wagering using toll free numbers.
• No sports wagering even if it is legal in that state or country (i.e., Las Vegas).
• No exchange of information about your team with ANYONE who gambles. In other words, no information about injuries, team plays, team morale, discipline problems or anything else.

The Consequences…

• Once you participate in any sports wagering activity through the Internet, a bookmaker, or parlay card on any college or professional team or sports, or provide information to someone who does gamble, you are declared ineligible to compete.
• If you participate in any sports wagering activity through the Internet, a bookmaker, or parlay card on any team at NKU, you will be permanently ineligible.
• If you participate in any sports wagering activity through the Internet, a bookmaker, or parlay card on any other college or professional team you will be suspended for one year (365 days) and loose one season of eligibility.
• You also run the risk of losing your scholarship, being expelled from school, being banned from other college and professional sports, and/or being arrested and charged with a state or federal crime.

Protect your future! Don’t Gamble!

SOCIAL NETWORKING

Background

Public Media

Public media refers to technologies used to communicate messages (dissemination of fact, opinion, and entertainment) and whose mission is to serve or engage a public. Public media domains include print outlets (such as newspapers, books, magazines, posters, flyers, etc.), traditional public and commercial broadcasts (such as TV, radio, film), digital (such as the Internet, e-mail, social networks, podcasting, chatrooms and blogging), and any new platforms and distribution mechanisms to expand reach and engage audiences (listeners, users).

When utilizing any public media outlets, student-athletes are expected to conduct themselves responsibly as members of their respective team, the Athletics Department, the University and the community.

Social networks

Social network sites such as Facebook, Myspace, Friendstar, Xanga, and Bebo and other new digital platforms and distribution mechanisms facilitate students communicating with other students. Participation in such networks has both positive appeal and potentially negative consequences. It is important that NKU student-athletes be aware of these consequences and exercise appropriate caution if they choose to participate.

Student-Athletes are not restricted from using any on-line social network sites and digital platforms (such as the Internet, e-mail, podcasting, chatrooms, and blog sites). However, users must understand that any content they make public via on-line social networks or digital platforms is expected to follow acceptable social behaviors and also to comply with federal government, Commonwealth of Kentucky, Northern Kentucky University (NKU), Great Lakes Valley Conference (GLVC) and National Collegiate Athletic Association (NCAA) rules and regulations.

Facebook and similar directories are hosted outside the Northern Kentucky University server. Violations of university policy (e.g., harassing language, university alcohol or drug policy violations, etc.) or evidence of such violations in the content of on-line social networks or digital platforms are subject to investigation and sanction under the Code of Student Rights and Responsibilities, Student-Athlete Code of Conduct, and other policies. They are also subject to the authority of law enforcement agencies.

It is incumbent upon student-athletes to be aware of university regulations. Ignorance of these regulations does not excuse student-athletes from adhering to them.

Guidelines

The following guidelines are intended to provide the framework for student-athletes to conduct themselves safely and responsibly in an on-line environment. As a student-athlete at NKU you should:

1. Be careful with how much and what kind of identifying information you post on on-line social network sites. Virtually anyone with an edu e-mail address can access your page. It is unwise to make available information such as full date of birth, social security number, address, residence hall room number, phone number, cell phone numbers, class schedules, bank account information, or details about your daily routine. All can facilitate identity theft or stalking. Facebook and other sites provide numerous privacy settings for information contained in its pages; use these settings to protect private information.
2. Be aware that potential current and future employers often access information you place on on-line social network sites. You should think about any information you post on Facebook or similar directories potentially providing an image of you to a prospective employer. The information posted is considered public information. Protect yourself by maintaining a self-image that you can be proud of several years from now.

3. Be careful in responding to unsolicited e-mails asking for passwords or PIN numbers. Reputable businesses do not ask for this information in e-mails.

4. Be sure to not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. The on-line social network sites are not a place where you can say and do whatever you want without repercussions.

**Prohibited Conduct**

Student-athletes are highly visible representatives of the university and are expected to uphold the values and responsibilities of the University while meeting all requirements set forth by the GLVC, the NCAA, NKU, and the NKU intercollegiate athletics program. The NKU Department of Athletics prohibits malicious and reckless behavior when utilizing public media outlets. It is important that student-athletes recognize the power of public media domains and the potentially negative image that they can portray about student-athletes, coaches, the athletics program, and the university.

The malicious use of on-line social networks or any public media domain shall not be tolerated by the NKU Department of Athletics and may result in disciplinary action. Such malicious uses include, but are not limited to:

1. Derogatory language and remarks about their teammates or coaches; other NKU student-athletes or coaches; student-athletes, coaches, athletics administrators or representatives of other universities or colleges; NKU faculty or staff; or other athletics officials, administrators, or representatives.

2. Demeaning statements about or threats to any third party.

3. Incriminating photos or statements depicting violence; hazing; sexual harassment; vandalism, stalking; underage drinking; selling, possessing, or using controlled substances; or any other inappropriate behaviors.

4. Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.

5. Indicating knowledge of an unreported felony theft or felony criminal damage to property.

6. Indicating knowledge of an unreported NCAA violation regardless if the violation was unintentional or intentional.

If a student-athlete is found to be inappropriately using an on-line social network, he or she will be in direct violation of this policy and subject to the appropriate sanctions administered by the university or the Athletics Department.

**Sanctions**

Any activity or language in violation of the above prohibitions, including first time offenses, is subject to investigation and possible sanction by NKU and/or the Athletics Department, as well as civil authorities.

Sanctions imposed by the Director of Athletics may include, but are not limited to, the following:

- Written notification from the Director of Athletics to the student-athlete outlining the policy and requiring that the unacceptable content be removed or the social network account be deactivated.

- Temporary suspension from the team until prescribed conditions are met.

- Suspension from the team for a prescribed period.

- Indefinite suspension from the team.

- Dismissal from the team.

- Non-renewal of athletic grant-in-aid.

**Appeals**

1. A student-athlete may appeal suspension/dismissal from the team or non-renewal of Grant-in-Aid. For these sanctions, the Director of Athletics will give notice in writing of the sanction, of the student-athlete right to appeal, and of the prescribed appeal process.

2. The appeal process for suspension or dismissal from a team is handled by the NKU Athletic Council and outlined in the Student-Athlete Code of Conduct, Section V.

3. The appeal process for non-renewal of an athletic grant-in-aid is handled by the NKU Office of Financial Assistance, in accordance with NCAA Bylaw 15.3.5.1.

**Agreement**

I understand and agree that I am required to know, understand and follow the standards contained in the Northern Kentucky University Department of Athletics Student-Athlete Social Network Policy. In addition, I understand and agree that I am responsible for knowing, understanding, and following the rules, policies, and procedures contained in the complete Northern Kentucky University Code of Student Rights and Responsibilities, which can be found at [http://www.nku.edu/~deanstudents](http://www.nku.edu/~deanstudents).
TEAM RULES
Each head coach is responsible for providing individual team rules at the beginning of each academic year. Team rules ensure that at all times student-athletes shall conduct themselves in a manner that reflects positively upon Northern Kentucky University.

RULES COMPLIANCE

TRANSFERS
Every student who has ever attended a two- or four-year institution, even those who did not participate in athletics at a former institution, is considered a transfer student-athlete. The NCAA requires extensive documentation on a student-athlete who wishes to compete in athletics at a new institution (the certifying institution) prior to certification of eligibility. Students must fill out the appropriate paperwork and meet NCAA transfer requirements before being certified to practice or compete at NKU.

NCAA TRANSFER EXCEPTION
In all Division II sports it is possible under NCAA rules to receive a one-time exception to the one-year residency requirement under certain circumstances. In other words, you may be immediately eligible if all of the following conditions are met:
- You have not transferred previously from another four-year institution;
- You are in good academic standing and would be eligible to compete if you returned to the institution;
- The institution certifies in writing there is no objection to the granting of an exception to the transfer residence requirement.

If you are not granted permission to discuss transfer possibilities with another institution, and are denied a “release” to waive the residence requirement, you can still transfer. However, you will be ineligible to compete or receive athletic aid in your first academic year of residence at the new institution.

NKU ATHLETIC COUNCIL TRANSFER REGULATION
The Athletic Council believes recruited student-athletes receiving athletic aid have a reciprocal obligation to the athletic program. NCAA rules regarding student-athletes considering transferring from NKU require they receive a written release from the NKU Athletic Department before having any recruiting contact with athletics representatives of another institution. Permission to contact releases may be granted at the discretion of the Athletic Director after consultation with the head coach. Approval for use of the one-time transfer regulation is not automatic and requires the approval of the Athletic Director after consultation with the head coach. Please review the Athletic Council policies for more information.

GLVC TRANSFER REGULATIONS
The one-time transfer exception shall not be applicable to a student-athlete transferring from one conference institution to another if the student-athlete received countable aid from the first institution to the extent of a 0.25 or higher countable athletic based aid. Transfer exceptions under NCAA Bylaw 14.5.5 do not apply under this conference rule.

EXTRA BENEFITS
The NCAA defines extra benefits as any special arrangement for student-athletes or their friends or relatives by an institutional employee or representative of athletics interests which is not expressly authorized by NCAA legislation unless such a benefit is available to the student body in general or their friends or relatives.

Some specific applications which a student-athlete is prohibited to receive include, but are not limited to, are:
- Special discounts, payment arrangements or credit on a purchase (e.g., airline ticket, clothing, rent free or reduced) or a service (e.g. laundry, dry cleaning, car repair, hair cuts, meals in restaurants)
- Benefits connected with on or off campus housing (e.g., individual television sets or stereo equipment, specialized recreational facilities).
- Tickets to an athletic, institutional or community event.
- Free or reduced-cost goods, services, or transportation.
- Use of a telephone or credit card for personal reasons without charge or at a reduced cost.
- Services (e.g., movie tickets, dinners, use of a car) from commercial agencies (e.g., movie theaters, restaurants, car dealers) without charge or at reduced rates, or free or reduced-cost admission to professional athletics contests from professional sports organizations.
- Gifts of cash, loan of money or guarantee of bond.
- Co-signature of a loan.
- Use of an automobile.
- Hospitality in a home other than for special occasions (e.g., Thanksgiving, birthday).
• Compensation for employment which is not based on the same hourly rate received by other employees performing similar work.
• Promise of employment after college education.

Individuals who are representatives of athletics interests remain so indefinitely. Becoming friends with such an individual does not change his/her status as an athletics representative.

COMPLIMENTARY ADMISSIONS
Basketball, soccer, volleyball, softball, and baseball players will have 4 passes for each home game. The student-athletes must sign the pass lists as to who is arriving prior to the day of the game. Family, friends, etc. must go to the Will Call Window and present valid identification in order to be admitted. The lists must be submitted by the coach 24 hours before the scheduled game time.

SELLING COMPLIMENTARY TICKETS
Neither student-athletes nor the people designated to receive complimentary admissions may receive payment from any source for these admissions and may not exchange or assign the tickets for any value. Receipt of payment by either party is considered an extra benefit not available to the general student body and will render the student-athlete ineligible for participation in intercollegiate athletics.

Furthermore, student-athletes may not purchase tickets for any athletic event from NKU and then sell the tickets at a price greater than face value. Scalping tickets will result in student-athlete ineligibility.

HOSTING A PROSPECT
Off campus, in person, recruiting contacts between enrolled students or student athletes and prospects are permissible if such contacts are incidental and do not occur at the direction of a coaching staff member.

An institution may not provide an enrolled student athlete with transportation or expenses to recruit a prospect except those permitted when the student athlete serves as a student host.

An enrolled student athlete may not telephone prospects at the request of coaches using any intercollegiate athletic resources (e.g., telephones).

STUDENT HOST
A student host may be provided a maximum of $30 each day of a prospect visit to cover the actual costs of entertaining the prospect (and the prospects relatives or legal guardians).

A student host may be provided with an additional $15 per day for each additional prospect he/she entertains.

The student host is prohibited from purchasing or offering a prospect alcoholic beverages during an official and/or unofficial visit.

Several students may host a prospect, but the institution may only provide one student with entertainment money. The other student host shall pay for his or her own entertainment and meals.

The institution, coach, or any booster may not provide a car for use by a prospect or student host.

A meal may be held for a prospect on an official visit at the home of an Athletic Department staff member, as long as it is not excessive in nature.

Entertainment on an official visit is limited to the prospect, the prospect’s relatives or legal guardians.

Each host will receive a written document outlining the applicable NCAA legislation. This document must be signed by the host indicating the host’s understanding and acceptance of applicable NCAA recruiting legislation. Please remember as a student host, you represent the University, the Athletic Department, and your team. Please represent yourself and NKU with pride, class and respect at all times.

ATHLETIC BOOSTERS
In accordance with NCAA rules and regulations, NKU is responsible for the control and conduct of its intercollegiate athletics program. This responsibility includes accountability for the acts of “athletic representatives.” An “athletic representative” is an individual who is a member of any of the various booster support groups, any individual who has made financial contributions to intercollegiate athletics or athletic boosters support organizations, or alumni of the institution. Once an individual has been identified as an “athletic representative,” he or she retains that identity forever and is governed by the same NCAA and University rules and regulations as athletic staff members.

In your contact with athletic representatives, you should adhere to the following rules and regulations that are established by the NCAA. Any violation of these rules could result in loss of eligibility. As an example, athletic representatives are not permitted to provide you or your family/friends with any of the following:

• A special discount, payment arrangement, or credit on purchases or services
• A loan of money in any amount
• A guarantee of a bond
• The purchase of a meal or service at commercial establishments; more than an occasional meal at a representative’s home
• Transportation to or from a summer job
• A benefit connection with off-campus housing
• Signing or co-signing a note with an outside agency to arrange a loan
• Selling or giving you tickets to athletic, university or town events
• Posting bail bond or providing money/collateral to post bond
• The use of personal property
• Providing Holiday or birthday cards

AGENTS
Northern Kentucky University strongly discourages student-athletes and their families from speaking with agents on the telephone or having any in-person contact with an agent until the student-athlete has exhausted his or her eligibility. The NCAA prohibits any oral or written agreement between a student-athlete and a professional team or agent before the student athlete’s eligibility expires. You are also prohibited from accepting anything from an agent or representative (including, but not limited to, money, goods, and services). The NCAA forbids a coach or staff member from representing and/or promoting an athlete, professional team, sports agent, or any other third party.

If you retain an agent, you will lose your amateur status.

AMATEURISM
Only an amateur student-athlete is eligible for intercollegiate athletic participation in a particular sport. An individual loses amateur status and shall not be eligible for intercollegiate competition in a particular sport, if after initial enrollment in college, the individual:
• Uses his or her athletics skill (directly or indirectly) for pay in any form in that sport
• Accepts a promise of pay even if such pay is to be received following completion of intercollegiate athletics participation
• Signs a contract or commitment of any kind to play professional athletics, regardless of its legal enforceability or any consideration received
• Receives, directly or indirectly, a salary, reimbursement or expenses or any other form of financial assistance from a professional sports organization based upon athletics skill or participation, except as permitted by NCAA regulations
• Competes on any professional athletics team and knows (or had reason to know) that the team was a professional athletics team, even if no pay or reimbursement for expenses was received

Prohibited Forms of Pay (after initial enrollment in college):
“Pay” as used above includes, but is not limited to, the following:
• Salary, gratuity or compensation. Any direct or indirect salary, gratuity or comparable compensation
• Division or split of surplus. Any division or split of surplus (bonuses, game receipts, etc)
• Educational expenses not received from parents or legal guardians, unless otherwise permitted by NCAA regulations
• Excessive or improper expenses, awards and benefits
• Cash or the equivalent thereof (e.g. trust fund) as an award for participation in competition at any time, even if such award is permitted under rules governing an amateur, non-collegiate event in which the individual is competing
• Expense incurred or awards received by an individual that are prohibited by the rules governing an amateur, non-collegiate event in which the individual is competing
• Expenses received from an outside amateur sports team or organization in excess of actual and necessary travel, room and board expenses, apparel and equipment for competition and practice held in preparation for such competition
• Payment to individual team members for unspecified or un-itemized expenses beyond actual and necessary travel, room and board expenses for practice and competition
• Actual and necessary expenses or other form of compensation to participate in athletics competition (while not representing an educational institution) from a sponsor other than an individual upon whom the athlete is naturally or legally dependent or the nonprofessional organization that is sponsoring the competition
• Any payment, including actual and necessary expenses, conditioned on the individual’s or team’s place finish or performance or given on an incentive basis, or receipt of expenses in excess of the same reasonable amount for permissible expenses given to all participants involved in the competition
• Preferential treatment, benefits or services because of the individual’s athletics reputation or skill or pay-back potential as a professional athlete, unless such treatments, benefits or services are permitted under NCAA regulations
• Participation for pay in competition that involves the use of overall athletics skill (e.g. “superstars” competition) constitutes a violation of NCAA amateur status and would render the individual ineligible for intercollegiate competition in all sports
• A student who accepts pay in any form for participation in “road racing” is ineligible for intercollegiate competition in cross country and track.

Professional in Another Sport
A professional athlete in one sport may represent a member institution in a different sport. However, the student-athlete cannot receive institutional financial aid in the second sport unless the student-athlete:
• Is no longer involved in professional athletics
• Is not receiving any remuneration from a professional sports organization
• Has no contractual relationship with any professional athletics team

PROFESSIONAL TEAMS/DRAFT
Tryout after enrollment: A student-athlete may try out with a professional athletics team in a sport or permit a professional athletics team to conduct medical examinations at anytime outside the student-athlete’s playing and practice season. A student-athlete may receive actual and necessary expenses related to the tryout from a professional sports organization, provided the tryout does not exceed 48 hours.

Practice without competition: An individual may participate in practice sessions conducted by a professional team, provided such participation meets the requirements of NCAA legislation governing tryouts with professional athletics teams and the individual does not:
• Receive any compensation for participation in the practice session
• Enter into any contract or agreement with a professional team or sports organization
• Take part in any outside competition (games or scrimmages) as a representative of a professional team

Competition against professionals: An individual may participate individually or as a member of an amateur team against professional athletes.

Competition with professionals: An individual shall not be eligible for intercollegiate athletics in a sport if, after initial enrollment in college, the individual ever participated on a team and knew (or had reason to know) that the team was a professional team in that sport. However, an individual may compete on a tennis, golf, or two-person sand volleyball team with persons who are competing for cash or a comparable prize, provided the individual does not receive payment of any kind for such participation.

Professional player as a team member: An individual may participate with a professional on a team, provided the professional is not being paid by a professional team or league to play as a member of that team (i.e. summer basketball league with teams composed of both professional and amateur athletes).

Amateur/Professional leagues: An individual may participate as a member of an amateur team in a league in which one or more of the teams are professional, provided the league is not a member of a recognized professional sports organization or is not directly supported or sponsored by a professional sports team or organization.

Draft Exception: An enrolled student-athlete may enter a professional league’s draft an unlimited number of times during his or her collegiate career and be drafted by any team in the league without jeopardizing eligibility in that sport, provided the student-athlete does not:
• Agree (orally or in writing) to be represented by an agent for the purposes of marketing his or her athletics ability or reputation in that sport
• Sign a professional sport contract or otherwise jeopardize his or her amateur status

Negotiations: An individual may request information about professional market value without affecting his or her amateur status. Further, the individual, his or her legal guardians or the institution’s professional sports counseling panel may enter into negotiations with a professional sports organization without the loss of the individual’s amateur status. An individual who retains the services of an agent shall lose amateur status.

Legal counsel: Securing advice from a lawyer concerning a proposed professional sports contract shall not be considered contracting for representation by an agent under this rule, unless the lawyer also represents the student-athlete in negotiations for such a contract.

Presence of lawyer at negotiations: A lawyer may not be present during the discussions of a contract offer with a professional sports organization or have any direct contact (i.e. in person, by telephone or by mail) with a professional sports organization on behalf of the student-athlete. A lawyer’s presence during such discussion is considered representation by an agent.

OUTSIDE COMPETITION
There are restrictions on outside competition during the academic year and summer. Check with your coach or the Compliance Office regarding rules specific to your sport.
TIME LIMITS

NCAA regulations permit you to participate in countable athletically related activities for no more than 4 hours each day and 20 hours each week during the declared playing season (in-season). You must also have one day off. A travel day may be counted as the required one day off if no countable activities take place (i.e., watch game film on the bus, etc.).

Outside of the playing season during the academic year (off-season), you may participate in required weight-training, conditioning and individual skill instruction. Your participation in such activities shall be limited to a maximum of eight hours per week, of which not more than two hours per week may be spent on individual skill workouts. No more than 4/6 student-athletes can participate in these activities at any one time. Two days off are required outside of the playing season.

The following rules govern countable athletically related activities and weekly and daily time limitations:

- Any required activity with an athletics purpose involving student-athletes and at the direction of, or supervised by one or more of an institution’s coaching staff (including strength and conditioning coaches) must be counted within the weekly and daily limitation.
- Administrative activities (e.g., academic meetings, compliance meetings) shall not be considered as countable athletically related activities.
- Competition days are considered 3 hours for the purpose of this regulation, regardless of the actual amount of time spent on countable activities throughout the day.
- Skill Instruction. Participation by student-athletes in individual skill related instruction in sports other than football is permitted outside the institution’s declared playing season, provided no more than four/six student-athletes from the same team are involved in skill-related instruction with their coach(es). Multiple groups of student-athletes are permitted as long as the student-athletes and coaches do not change groups during that session of individual skill instruction.

In team sports where the starting squad size is six or less, no more than four student-athletes may participate in individual skill instruction. In team sports where the starting squad size is seven or more, no more than six student-athletes may participate in individual skill instruction. All individual sports are limited to no more than four student-athletes for individual skill instruction.

- During NKU’s vacation periods and summer, student-athletes may not participate in any countable athletically related activities outside the playing season. Strength and conditioning coaches who are not countable coaches and who perform such duties on a department-wide basis may design and monitor specific workout programs for student-athletes, provided such workouts are voluntary and conducted at the request of the student-athlete.
- Outside of the playing season, no countable athletically related activities may take place during the week prior and the week of final exams.

Coaching staffs are required to document time spent on these activities so as to maintain compliance with these regulations.

If you, at any time, have a question or concern regarding the amount of time you and/or your teammates are spending on these countable activities, please consult either your coach or an athletics administrator.

It is our duty to confirm that all regulations governing your time are being followed, and we appreciate your input and assistance.

STUDENT-ATHLETE FINANCIAL AID

The NCAA, GLVC, and NKU regulations provide that grant-in-aid based on athletic ability may be awarded for only tuition, room, board, and books necessary for your selected course of study, depending on the amount of the award.

A grant-in-aid is awarded and renewable on a year-by-year basis. Renewal and non-renewal notices will be provided to each athlete prior to July 1. Renewal awards must be signed by the athlete (Note: a parents signature is required if the student-athlete is a minor) and returned to the Athletic Department. These forms will be forwarded to the Student Financial Assistance office.

Grant-in-aid amounts may be reduced immediately or canceled during the term of the award if the student-athlete becomes ineligible for intercollegiate competition (e.g., dropping below full time status of 12 hours; providing false information on a University application, letter of intent, or financial aid agreement; engaging in serious misconduct that brings disciplinary action from NKU; or voluntarily withdrawing from the sport for personal reasons).

Grant-in-aid amounts must be reduced or canceled if the student-athlete signs a professional contract for the sport; accepts money for playing in an athletics contest which exceeds the cost of a full grant; agrees to be represented by an agent; or receives other aid that applies to his/her individual limits.

Student-athletes may be eligible for Federal, State, and institutional financial aid, and can apply for non-athletic financial assistance through the Student Financial Assistance office. All financial aid from any source outside the Student Financial Assistance office must be reported to the Student Financial Assistance office to verify whether the aid my be accepted by the student-athlete in accordance with NCAA regulations.
You are a student-athlete. You are a special breed of student selected by NKU coaches to represent this university in athletic competition. You are neither exclusively a student nor are you exclusively an athlete. As such, you may never be penalized in the classroom for what you do or do not do on your respective playing field. However, it is likely that if you fail to own up to your responsibilities in the classroom, your opportunity to play may be restricted. As a student-athlete, you must realize that participation in intercollegiate athletics is a privilege, not a right.

As a student-athlete at NKU, it is your responsibility to satisfy the minimum academic requirements necessary for participation in intercollegiate athletics. These requirements may include NCAA, GLVC, and institutional requirements. They may also include requirements set forth by your coach. If you fail to meet any of these requirements you may be prohibited from participation in intercollegiate athletics.

It is your responsibility to:
1. Attend class regularly.
2. Complete all class assignments and projects on a timely basis.
3. Prepare for class where preparation is required.
4. Take adequate notes during lectures.
5. Make sure to get notes from a classmate or professor if you miss a class.
6. Set aside adequate study time for quizzes, tests and exams.
7. Arrange to make up any quizzes, tests or exams missed due to team competition or other mandatory athletic functions.
8. Always put forth your best effort.

The NCAA minimum academic requirements are set forth within the following sections.

**ACADEMIC ADVISOR MEETINGS**

All students who have declared a major must meet with their academic advisor within their declared college/unit each semester. All students who are University Studies must meet with an advisor in the Academic Advising Resource Center (AARC).

Once student-athletes have met with their advisor on campus, they should review their next semester schedule with Chrissy Soards, Assistant AD for Compliance & Student-Athlete Services.

**GRADE CHECKS**

Grade checks will be administered four times throughout each semester for all student-athletes. These grade checks are intended to check the attendance and performance of the student-athletes as well as to identify any problems or weaknesses the student-athlete may be experiencing. Coaches will be provided with all grade checks. Student-athletes who are recorded as having problems with performance or absenteeism will be contacted by the head coach to discuss the situation and ways to rectify it.

**LEARNING ASSISTANCE CENTER**

Northern Kentucky University provides ample and convenient academic course support to all NKU students through the Learning Assistance Center, which is located in Founders Hall 209. The Learning Resource Center can often make a difference between academic success and failure. The Learning Assistance Center houses the following services: the Writing Center, Academic Tutoring and the Math Lab.

For more information on the scheduling of appointments please contact the Learning Resource Center at 572-5475. Office hours are Monday through Thursday from 8:30 AM to 6:00 PM and on Friday from 8:30 AM to 3:00 PM. All Learning Assistance Center services are free to students.

**Math Lab**

The Mathematics Learning Center (FH 201) provides drop in assistance for students in developmental and freshman level mathematics courses. In addition, students in all mathematics courses are invited to use the center to study mathematics individually or in small groups. Faculty and upper-level mathematics students staff the center and are available to answer questions and provide explanations. A variety of multimedia assistance is also available. For more information please contact the Mathematics Learning Center at 572-5779.

**Writing Center**

The Writing Center (FH 209) offers students tutorial assistance with any writing task for any course--essays for ENG 101, 291, literature courses, history and business courses. The Writing Center also provides assistance with term papers, exams, reports, etc. Students can receive help during any stage of the writing process--finding a topic, generating ideas, revising, and editing. When students come to the Center they should bring their assignment, the paper they are currently working on, and any other relevant materials. Appointments must be made in advance. For more information please contact the Writing Center at 572-5475.
Grading System and Calculating Grades

Grading Scale: Grades at Northern Kentucky University are calculated on a 4.00 scale. Grades are issued on a plus/minus grade scale. NKU will not award grades of A+ or D-.

A = 4.00  A- = 3.67  B+ = 3.33  B = 3.00  B- = 2.67  C+ = 2.33  C = 2.00  C- = 1.67  D+ = 1.33  D = 1.00  F = 0.00

No credit is granted for an “F” but an “F” is calculated in your GPA.

Calculating GPA: For each course taken, take the quality points earned for the respective course and multiply that number times the number of credit hours the course was worth. Then divide by the number of credit hours taken to get the overall GPA.

Example: Here 24 divided by 12 equals 2.00. GPA = 2.00.

<table>
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HONORS

All undergraduates attempting at least 12 semester hours earning quality points (excluding developmental course work) who achieve a grade point average of 4.00 at the completion of a semester’s work will be appointed to the President’s Honors List. This list will be released to The Northerner and local newspapers.

All undergraduates attempting at least 8 semester hours earning quality points (excluding developmental course work) who achieve a grade point average of 3.60 to 3.99 at the completion of a semester’s work will be appointed to the Dean’s List. This list will be released to The Northerner and local newspapers.

All undergraduates attempting at least 3 semester hours earning quality points (excluding developmental course work) who achieve a grade point average of 3.60 and above at the completion of a semester’s work will be appointed to the Scholar’s List. This list will be released to The Northerner and local newspapers.

CLASS ATTENDANCE POLICY

Presently, there has been no official attendance policy set forth by the NCAA, GLVC, or by NKU. However, it cannot be emphasized enough that class attendance is essential to academic eligibility. Therefore, your coaches will not tolerate poor class attendance from their players. Every coach has a different attendance policy. Generally, your coaches will inform you of their attendance policy prior to participation. If your coach does not inform you of his or her class attendance policy prior to athletic participation, and such a policy exists, it is your responsibility to find out what it is.

In addition, many professors at NKU have their own personal class attendance policies. If any of your professors have such a policy, it will be set forth on the class syllabus you are given on the first day of classes each semester. Your professor can modify your grade if you miss more than a specified number of classes. It is your responsibility to read the syllabus for each class and to know whether your professor has a class attendance policy.

TRAVEL AND ABSENCE DUE TO ILLNESS OR INJURY

Classroom participation is essential to the educational process. Therefore, when the instructor indicates in the syllabus that class participation is essential to the educational goals of the course, the instructor may lower a student’s final grade because of successive absences.

As previously mentioned, it is your responsibility to find out what the attendance policy is for all of your classes. Generally, professors are sympathetic to the time constraints of student-athletes. However, it is your duty to provide your professors with your competition schedule, and request that you be excused from classes on the days you have to leave for the competition. Do not wait until the day before you have to leave for competition, or until after you return to inform your professor of the reason of your absence. If you do, your final grade may be adversely affected due to such absences even though they might have been otherwise excused.

If you expect to miss a class due to illness or injury, it is again your responsibility to adequately communicate with your professor as soon as possible. In general, if you are truly unable to attend class due to illness or injury your professor will make every effort to accommodate you. However, if you wait too long to inform your professor of your condition, the damage to your grade may be irreparable.

If you make every effort possible to adequately communicate with your professor concerning excusable absences, and your professor refuses to accommodate your needs in any way, please make the particular situation known to your respective coach and to Chrissy Soards, Assistant Athletic Director.

Remember, you have no right to miss classes for any reason. Your professor is the final arbiter of the consequences resulting from your absence.
WITHDRAWING FROM A CLASS

If at any time you are considering withdrawing from a class, you must first speak with your coach and Chrissy Soards, Assistant Athletic Director for Compliance & Student-Athlete Services.

After getting approval to drop the class, it is your responsibility as the student to drop the class from your schedule. Remember to double-check the drop to make sure it is processed.

During the first three weeks of the official course, withdrawals will not be reflected on the student’s transcript. An instructor may initiate a withdrawal for any student who does not attend classes during this three week period. From the fourth week through the eighth week (midterm), official course withdrawals will be assured a grade of W (withdrawal). The W will appear on the student’s transcript but will not be computed in the GPA. Course withdrawals after the midterm date will not usually be allowed.

In circumstances beyond control, a W may be granted with approval of the instructor, the appropriate chairperson, and the dean of the college offering the course. In cases not approved, the student will receive a grade of an F.

Students officially withdrawing from all courses on or before the last day to register are eligible for 100% adjustment of assessed tuition. Students dropping courses on or before the last day to register, reducing their course load from full-time to part-time status, are entitled to a 100% adjustment for courses dropped.

Students officially withdrawing from all courses after the last day to register but through the last day to drop a course without a grade appearing on the student’s record are eligible for a 50% adjustment of assessed tuition. Students dropping courses during this period, reducing their course load from full-time to part-time status, are entitled to a 50% adjustment of tuition for the courses dropped.

WITHDRAWING FROM THE UNIVERSITY

If at any time you are considering withdrawing from NKU, you must check with the Chrissy Soards, Assistant Athletic Director first. Students withdrawing completely from school after midterm need the approval of the dean of the students major on the late withdrawal form.

ACADEMIC ELIGIBILITY FOR COMPETITION

Fully Admitted to NKU

The admissions process must be complete. In addition to NKU admissions requirements, freshmen need to have submitted ACT and/or SAT scores plus final high school transcripts and proof of graduation from all high schools attended to the NCAA Eligibility Center. The Eligibility Center must also have received NCAA form 48-H from all high schools attended. Freshmen must meet NCAA test score, core curriculum, and GPA requirements, and be certified by the Eligibility Center. Transfer students need to have final transcripts, submitted to NKU, from all institutions previously attended. In general, transfer students are not eligible during their first two semesters at NKU; specific waiver conditions must be met to be eligible to compete the first year here.

Enrolled Full-Time - This means enrolled in at least 12 credit hours

Exceptions exist for the final semester before graduation, but must be approved in writing by the Faculty Athletics Representative and the Office of the Registrar before the semester in question. A student-athlete who drops below 12 credit hours is immediately ineligible. A student-athlete who competes while ineligible is ineligible thereafter unless reinstated by the NCAA. A student-athlete who competes while ineligible due to being enrolled in less than 12 credit hours is ineligible for any further athletic financial aid at NKU.

In Good Standing - This means not on academic probation / suspension

For first-year transfer student-athletes, all previous work (not just credit transferred) is included in determining good standing. In addition to NKU good standing requirements, the student-athlete must meet NCAA and GLVC grade point average requirements: after four semesters or two seasons, including time at previous institutions for transfer students, the student-athlete must have a cumulative GPA at NKU of 2.00 or higher.

In a Declared Four-Year Major

The major must be declared before the start of the fifth semester, including time at previous institutions. The major must be declared via the appropriate form in the Office of the Registrar.

Within the First Ten Semesters of Full-Time Enrollment

This includes enrollment at a college or junior college. A semester is counted if the student is enrolled full-time at any point in the semester.
Making Satisfactory Progress Toward a Bachelors Degree

This applies only after the student-athlete’s first involvement in intercollegiate athletics. After the first season, the student-athlete must earn at least **24 credit hours during the preceding fall, spring, and summer terms.** (There is also an “averaging” alternative to this requirement.) Moreover, **credits must be applicable toward the bachelors degree in the sense that they reduce remaining hours to graduation.**

* At most 25 percent of the credits needed for satisfactory progress can be earned during the summer.
* Courses number below 100 count toward satisfactory progress only during the freshman year and only to a maximum of 12 credits.
* A course being repeated cannot be used twice to meet the requirement.
* **Academic minors, if any, must be officially declared:** otherwise the credits are counted as electives.
  a. For eligibility purposes, all student-athletes are treated as undeclared majors for their first four semesters of enrollment (including previous institutions). Beginning with the fifth semester, student-athletes must be in a declared major and satisfactory progress is measured against remaining requirements for graduation. That is, the 24 hours must be from remaining requirements or remaining electives. **Student-athletes need to make sure that they actually have electives remaining before taking them to meet satisfactory progress requirements.**
  b. Remaining required courses are determined using the appropriate NKU catalog and the student’s officially declared major(s) and minor, unless the student-athlete and his or her faculty advisor submit a written alternative to the Faculty Athletics Representative prior to the start of the semester in which the alternative program begins.

Six-Hour Requirement

Student-athletes must have earned six credit hours during the previous semester of full-time enrollment; these credit hours must meet the progress-toward-degree requirements outlined above.

**DESIGNATING A DEGREE**

The student-athlete, before the start of his or her fifth semester in college (including transfer work), must be in a declared four year major. The major must be declared on the appropriate form in the Registrar’s Office.

As a requirement of graduation the student-athlete must also complete either an area of concentration of at least 12 upper division semester hours in a discipline outside of his or her major discipline or in an interdisciplinary program offered by NKU; or a second major offered by NKU.

**CHEATING & PLAGIARISM**

The maintenance of academic standards and integrity includes the obligation not to cheat or plagiarize. A student who uses a dishonest or deceitful means to obtain a grade is guilty of cheating; a student who submits another’s work as one’s own without adequate attribution is guilty of plagiarism.

A course instructor who has sufficient evidence that a student has cheated or plagiarized will confront the student with the evidence within ten working days from the date of discovery of the alleged cheating or plagiarism.

If the student admits the charges, the instructor may lower the student’s grade or give the student a failing grade in the course. The instructor will recommend to the chairperson any additional sanctions to be imposed. The chairperson will review the recommendation and make a recommendation to the Dean of the college in which the course was taught. The Dean will review the recommendation and impose the appropriate sanction for the student. If suspension or expulsion is recommended by the Dean, this recommendation will be transmitted to the Provost, who will review and determine whether to impose the recommended sanction or a lesser sanction.

Only in the case of suspension or expulsion will the student have a right to appeal to the President. The appeal must be in writing to the Board of Regents within ten working days of the meeting.

Should the student be dissatisfied with the President’s decision regarding suspension or expulsion, the student may appeal in writing to the Board of Regents within five working days of receipt of the President’s determination.

Should the veracity of the allegation be challenged by the student, the instructor will forward the written charges to the chairperson, with a copy to the student within ten working days of the meeting.

The chairperson will review the charges and meet with the student. If resolution of the matter is not possible, the student may request a hearing. Such a request will be made in writing to the appropriate Dean within ten working days of the meeting with the chairperson. Upon receipt of a request for a hearing, the Dean will convene a hearing panel. Where suspension or expulsion is recommended by the panel, the Provost will make the final determination. The student’s right of appeal to the President and Board of Regents is outlined in Appeals section of the NKU Student Handbook. In cases where the evidence at the hearing established that cheating or plagiarism has not occurred, the original grades earned in the course will be placed in the student’s records.
AWARDS & RECOGNITION
Each year, eligible student-athletes can be nominated and receive GLVC, NKU, and NCAA awards and recognition whose criteria is based on academic excellence and leadership.

GLVC Recognition:
• GLVC Scholar-Athlete of the Year - Each conference member has the opportunity to nominate one individual from its team for the award. Nominees must have a cumulative grade point average which meets Academic All-American standards (3.30). Freshmen and first-year transfers are not eligible for the award.
• GLVC All-Academic Team - all student-athletes who have not completed two semesters and have a 3.4 GPA; or those who have completed two semesters and have a GPA which meets the Academic All-American standard or have attained a 3.4 GPA the past two semesters.
• The Richard F. Scharf Paragon Award - awarded annually to one male and one female student-athlete, based upon academic excellence, athletic ability and achievement, character and leadership.

University Recognition:
• President’s Honors List - students attempting at least 12 semester hours earning quality points (excluding developmental course work) who achieve a grade point average of 4.00.
• Dean’s List - students attempting at least 8 semester hours earning quality points (excluding developmental course work) who achieve a grade point average of 3.60 to 3.99.
• Scholar’s List - students attempting at least 3 semester hours earning quality points (excluding developmental course work) who achieve a grade point average of 3.60 and above.
• NKU Athletics/Campus Book & Supply All Academic Team - students who have a cumulative 3.0 GPA or higher or, in the case of freshman or transfer students, have a 3.0 GPA or higher during the fall semester.
• Thomas J. Kearns Career Achievement Awards - based upon academic excellence, athletic ability and achievement, character, and leadership. Recipients will be chosen from senior student-athletes and presented at the Spring Athletic Banquet.
• Margery Rouse and Vincent G. Shulte Athlete of Distinction Awards - presented to the male and female athletes who best exemplify the student-athlete concept, and who through dedication, effort, ability, leadership and unselfishness have given the most of themselves to intercollegiate athletics at NKU.
• Student-Athlete Awards Celebration - many awards are given to our student-athletes during the spring awards celebration. These awards are determined annually and nominations are solicited from student-athletes. The winners are selected by a committee comprised of SAAC members and athletic administrators.

NCAA Recognition:
• NCAA National Student-Athlete Development Conference - Two male and two female student-athletes are nominated by the administrative staff to attend the NCAA Leadership Conference at Disney’s Coronado Springs Resort and the Disney Wide World of Sports Complex in Lake Buena Vista, Florida. The NCAA selects one student to attend based on their participation in life skills programming and a demonstrated leadership within their team and the athletic department.
• Division II Leadership Academy - the Leadership Academy is a weekend-long opportunity for student-athletes, coaches, administrators and faculty to develop their leadership skills, become more familiar with the Division II experience and plan for action. In a forum intended to foster partnerships, participants are equipped to be active leaders and change agents within their campus, conference and community spheres of influence.
• Postgraduate Scholarship - scholarships are awarded annually to student-athletes who have excelled academically and athletically and who are in their last year of intercollegiate competition. Nominees must have a minimum GPA of 3.00 and signified the intention to continue academic work as a graduate student at an academically accredited institution.
• Today’s Top 8 - eight distinguished student-athletes are awarded annually for achievement in athletics, academics, and leadership.
• Woman of the Year - this award honors senior student-athletes who have distinguished themselves throughout their collegiate careers in areas of academics, athletics, service, and leadership. Nominations are sent to the NCAA through each member conference.

CHAMPS/LIFE SKILLS
Northern Kentucky University Athletic Department has made a commitment to the five areas of the NCAA CHAMPS/Life Skills program. Those five areas are:
1. Commitment to Academic Excellence - to support the academic progress of the student-athlete toward intellectual development and graduation.
2. Commitment to Athletic Excellence - to build philosophical foundations for the development of athletic programs that are broad-based, equitable, and dedicated to the well-being of the student-athlete.
3. **Commitment to Personal Development** - to support the development of a well-balanced lifestyle for student-athletes, encouraging emotional well-being, leadership, personal growth, and decision-making skills.

4. **Commitment to Career Development** - to encourage the student-athlete to develop and pursue career and life goals.

5. **Commitment to Service** - to engage the student-athlete in service to his or her campus and surrounding communities.

Programming is offered to student-athletes, cheerleaders, and student athletic trainers throughout the academic year which corresponds to the five commitment areas.

**PERSONAL DEVELOPMENT**

**SEMINARS**
The CHAMPS/Life Skills program sponsors or identifies seminars to address the student-athletes, cheerleaders, student athletic trainers, and coaching staffs during each academic year. Guest speakers are asked to address personal development and social issues.

**SAAC**
The Student-Athlete Advisory Committee (SAAC) is composed of at least two student-athlete representatives from every team, including cheerleading and athletic training. The SAAC meets every three weeks and provides a forum for team representatives to voice their concerns on a wide range of issues that are important to the student-athlete population.

Through their participation, SAAC members are afforded many responsibilities and opportunities, such as:
- Promote communication between athletics administration and student-athletes
- Provide a voice for student-athletes
- Encourage participation in community projects and campus organizations
- Promote special events for student-athletes
- Communicate information to teammates
- Participate in opportunities to enhance leadership skills
- Promote a positive student-athlete image

**CAREER DEVELOPMENT**

**CAREER DEVELOPMENT CENTER**
The Career Development Center (CDC), Located in University Center 320, offers an integrated program of career services, including career planning, cooperative education, and career employment. Services are available without charge to the students and alumni of Northern Kentucky University. For further information, visit the Center, or phone 572-6196.

**Career Planning**
Individual career counseling and career-planning workshops and programs assist students in exploring career options and in making appropriate career decisions based on individual skills, interests, and needs. The CDC offers Career Planning (CEP 101), a 2-semester-hour course designed to help students develop and implement career goals. Available in CDC is a comprehensive career source library, which provides information on career field, employment trends, and job search skills and techniques.

**Cooperative Education**
The Cooperative Education program is an academic option that incorporates work experience into the student’s academic study. This learning experience is an employment opportunity for which a student receives academic credit that is applied toward associate and bachelor degrees. The employment experiences are planned, supervised and coordinated by the staff of the Career Development Center and the Facility Coordinator with the cooperation of employers.

To be admitted to the program, undergraduate students must have an overall grade-point-average of 2.20 based on a 4.00 scale. This GPA must be retained throughout the academic experience involving cooperative education. To qualify as candidates for the program, associate degree students must have completed a minimum of 15 hours; bachelor’s degree students, a minimum of 30 semester hours. Students must apply and be approved by the Cooperative Education Coordinator before registering for credit.

**Career Employment**
The Career Development Center assists graduating students in finding career employment by offering instruction in job search skills and techniques and by facilitating contact between graduating students and employers. The CDC also provides resources to assist job seekers, including corporate literature, directories of employers, and videotapes on interviewing and resume writing.

To participate in these services, students are required to attend a Senior Orientation Seminar at the beginning of the Fall semester.
COMMUNITY SERVICE
Student-athletes, coaches, and athletic department staff volunteer hundreds of hours each academic year to the Northern Kentucky area. Volunteer activities range from reading to local schools, speaking to groups on various topics, hosting sports clinics, engaging in letter writing campaigns, and mentoring young children.

STUDENT LIFE
The Office of Student Life serves as the coordinating office for the Northern Kentucky Leadership Institute; Activities Programming Board; Student Organizations; Fraternities and Sororities; Norse Force; Norse Leadership Society; and, “N3” - Norse News Network a weekly electronic newsletter delivered to all NKU students. Student Life provides a variety of co-curricular events each year, including lectures, concerts, educational programs and other opportunities for social interaction.

The Office of Student Life is located in Student Union 303. Their phone number is 572-6514. They can be found on the web at http://studentlife.nku.edu.

ATHLETIC EXCELLENCE

END OF SEASON EVALUATIONS
Each student-athlete will be asked to complete an evaluation at the end of their sport season. The evaluation is administered online and is confidential. The results of the evaluations will be compiled and reviewed with each head coach.

SENIOR EXIT INTERVIEW
Student-athletes in their last season of eligibility will be asked to complete a senior exit interview. The assessment is administered online and is confidential. Each student-athlete may also request an in-person exit interview with a member of the Athletic Council or the Faculty Athletics Representative.

MEDIA RELATIONS/INTERVIEWS
Cooperating with the media is an important part of being a student-athlete at any university, and that is especially true here at NKU. Since NKU is an NCAA Division II program in an area that offers our local media the University of Cincinnati, Xavier University, the University of Kentucky, the Reds, Bengals and numerous high schools, it is imperative that our coaches and student-athletes establish good relations with the media.

For the most part, NKU coaches and student-athletes have been excellent with the media when given the chance to interview. Over the years, our programs have generated a great deal of media coverage with their successes on the court and field. Local, regional, and national media have taken notice of these teams, and the clippings are numerous.

Here are some pointers for dealing with members of the media.

1. ALWAYS be polite to members of the media. It isn’t that difficult. Regardless of how stupid the question is, or despite the fact that a reporter might not know anything about you or your particular sport, BE NICE. Use the opportunity to educate the interviewer about you and your sport. Members of the media remember those athletes who are courteous and usually come back for more interviews.

2. DO NOT give “yes” or “no” answers to questions. Most experienced members of the media know better than to ask something that can be answered with a “yes” or “no”, because it cannot be used in the newspapers, TV, or radio. Sometimes, however, they forget and ask something that you can easily say “yes” or “no” to. Do them a favor and answer with a complete sentence.

Example:
Reporter: “You played great today, didn’t you?”
NKU student-athlete: “Yes.” WRONG ANSWER
NKU student-athlete: “We played an outstanding team today, and I was just fortunate that….(elaborate on your performance in the game)...RIGHT ANSWER

3. DO NOT say things off-the-record to any reporter. There is no such thing as an off-the-record quote. Once you reveal something, there is a good chance it will be used and your name will be quoted. If a reporter is pressuring you about a subject, and you do not wish to discuss it, just say something like “I really don’t know anything about it” or “I can’t talk about that.” Those types of answers should satisfy a reporter in most cases. If they continue to pressure you, contact sports information director Don Owen at 572-5470 immediately, and he will handle the situation.

4. ALWAYS BE ON TIME for an interview. If a reporter has a 1 p.m. interview with you, please be there at 12:55 or earlier. DO NOT BE LATE. Members of the media take it personally if you are not on time for an interview.

5. BE HONEST. It is very important that you tell the truth to the reporter. Members of the media do not like to be lied to. This may also harm your reputation as a student-athlete.

6. DO NOT talk negatively about game officials, opponents, or other teammates. Give your teammates credit when due.

7. NO SWEARING.
8. **DRESS APPROPRIATELY.** The media will understand the appearance after a game, but if it is not a game day, wear something appropriate (ex. Nice shirt or sweater with nice pants).

9. **STAY CALM AND HAVE FUN.**
   
   Current student-athletes are not permitted to speak to the media about prospective student-athletes. Student-athletes must follow the same rules as coaches/administrators in regards to comments on recruits. You may only confirm NKU is recruiting the student but you may not comment on his/her athletic ability or how the recruit will help the team. After the prospective student-athlete signs a National Letter of Intent or Offer of Athletics Financial Aid, then you may comment on a prospective student-athlete.

   Again, if you have any questions concerning the media, contact Don Owen, Sports Information Director, at 572-5470.

**FACULTY ATHLETICS REPRESENTATIVE**

The Faculty Athletics Representative (FAR) is a member of the faculty, appointed by the President of the University to bridge academic and athletics interests and to serve as a liaison between the Athletic Department and faculty. In this capacity, the FAR works with the President and the Athletics Director to support a campus environment in which the athletics program is maintained as a vital component of the student body. Duties include the enhancement of academic integrity, institutional control, and student-athlete welfare. For the individual student-athlete, the FAR serves as an ombudsperson, whose door is open year-round for consultation on issues of concern.

**ATHLETIC COUNCIL MEMBERS 2009-10**

**Voting Members (15)**

**Faculty (8)** [7 with three-year terms, one with continuous term]
- Rudy Garns* ...... Philosophy [6/11]
- Mary Kirk ................. Kinesiology, Health & Educational Foundations (Faculty Representative – continuous)
- Patrick Moynahan ...... Vice Provost [6/10]
- Jim Thomas ............... Psychology [6/10]
- Dave Agard ................ Mathematics [6/10]
- Pamela Beehler……….. Kinesiology, Health & Educational Foundations [6/11]
- Stephanie Hughes…….. Management [6/11]
- John Alberti……………….. Literature and Language [6/12]

*Chairperson

**Administration (3) [continuous terms]**
- Russ Kerdolff ............... Comptroller
- Don Gorbandt ............... Assistant Vice President for University Advancement
- Kathleen Steffen……..Associate Registrar

**Students (2) [one year terms]**
- TBA............................ [6/10]
- TBA............................ [6/10]

**Alumni (1) [three-year term]**
- Steve Meier .............. ’76, Business Administration; ’80 Physical Education [6/10]

**Norse Athletics Club (1) [three-year term]**
- Livey Birkenhauer ....... [term 6/10]

**Ex-Officio, Non-voting Members (7)**

- Jane Meier ................... Director of Athletics
- Ken Ramey ..................... Vice President for Administration and Finance
- Gerry St. Amand .......... Vice President for University Advancement
- Zebulun Davenport ...... Interim Vice President for Student Affairs
- Kathy Stewart ............. Athletics Senior Woman Administrator
- James Votruba .............. President
- Gail Wells ...................... Provost and Executive Vice President

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ATHLETIC COUNCIL POLICIES

1. Control and responsibility for the conduct of intercollegiate athletics at NKU is exercised by the institution through the office of the President (or his designee), Department of Intercollegiate Athletics, this Athletic Council, and the Faculty Athletic Representative.
   a. This Athletic Council is governed by its Constitution, Bylaws and Policies.
   b. The Faculty Athletic Representative is appointed by the University President. His/her responsibilities are:
      a. Assist the athletic department in interpreting NKU, conference, and national governing body regulations.
      b. Certify the academic eligibility athletes.
      c. Represent the University at conference and NCAA meetings. (Refer to NCAA Constitution 4.02.1 and 6.1.3)

2. For undergraduate student-athletes, “good academic standing” is interpreted to mean not on academic probation. “A minimum full-time program of studies” is interpreted to mean a minimum of 12 semester hours. (Refer NCAA Bylaws 14.02.5 and 14.1.5.1).
   For graduate student-athletes, the phrase is interpreted to mean eligible to remain in the program. “A minimum full-time program of studies” is interpreted to mean a minimum of 9 semester hours. (Adopted 2/13/01)
   A student who competes while ineligible due to carrying less than 12 semester credit hours shall be ineligible for any athletic-based financial aid from NKU or Norse Athletics Club Funds after the semester during which the competition in question occurs. (Adopted 8/30/90).

3. For basketball, or any other sport whose season overlaps both fall and spring semesters, eligibility is certified before the season and again between semesters. Eligibility between semesters is determined as of the day of grade processing for the fall semester. (Refer NCAA Bylaws 14.1.8).
   Eligibility for competition beyond the end of the spring semester shall be in accordance with NCAA Regulations, except that a student going on suspension due to spring semester grades shall be immediately ineligible. (Adopted 8/30/90).

4. No student shall participate in intercollegiate athletics without formal, prior certification of his or her academic eligibility by the University Registrar and the Faculty Athletic Representative. “Participation” includes not only regularly scheduled intercollegiate contests but also scrimmages, practice games, exhibitions, intra-squad games, or any event in which the student is to be viewed as an athlete representing NKU. (Refer NCAA Bylaws 14.10.1).

5. Transfer students who are not on probation at NKU but would be if all transfer work were included shall not be eligible for waiver/exception of the residency requirement affecting transfer students until the combination of all transfer work and NKU work is sufficient to remove the probation status. However, this policy shall not be applied to transfer work from foreign institutions or other institutions for which, in the opinion of the Faculty Athletics Representative, the grading and/or credit standards for the transfer work are not comparable to those at NKU. (Refer NCAA Bylaws 14.5.4.2, 14.5.5, and 14.5.6.). (Adopted 2/19/85; revised 11/16/93).
   Transfer students who are not on probation at NKU but would be if all transfer work were included are not eligible for practice during their first full-time semester at NKU. If, at the end of the first semester, the student is in good academic standing, they may practice, but not participate (as defined above) during their second full-time semester of enrollment at NKU. The summer term may not be used to satisfy a full-time semester of enrollment.

6. Students who would be ineligible for post-season competition shall not be eligible for regular season competition. (Refer NCAA Bylaws 14.1.1). (Adopted 2/19/85).
   Student athletes must make satisfactory progress toward a baccalaureate degree as required by NCAA regulations.
   a. Prior to a student-athlete’s fifth semester in college (including transfer work), the student-athlete must formally declare, through the Registrar’s Office, a major in a baccalaureate program.
   b. Students who are not identified as student-athletes prior to the fifth semester shall complete this process immediately upon becoming a student-athlete.
   c. No student shall be eligible unless the required declaration of major form is on file with the University Registrar’s Office.
   d. Beginning with a student-athlete’s fifth semester, or in case (b) applies with the semester after the student becomes a student-athlete, satisfactory progress will be measured against remaining coursework. Remaining course work will be judged using NKU catalog statements unless the student-athlete and his or her advisor submit a written alternative (e.g. contract major or approved variations). Coursework toward a first minor or area of concentration will be considered elective credit until the minor or area of concentration is formally declared.
   e. The Athletic Council may rule a student ineligible when the intent of the satisfactory progress rule is clearly not being met, even though the quantified specifics of the rule have been satisfied. (Refer NCAA Bylaws 14.4). (Adopted 2/19/85; revised 5/1/86 and 2/20/92).
7. The NCAA allows only one-year athletic grants-in-aid and all prospective or current student-athletes receiving athletic-based financial aid must be informed that renewal is not automatic. The NKU Athletic Council’s philosophy regarding the renewal of athletic-based aid distinguishes between those student-athletes who are recruited to NKU, by NCAA definitions, as prospective student-athletes and those who are not.

a. It is the philosophy of the Athletic Council that any offer of athletic aid to a recruited student-athlete -- freshman or transfer -- should be treated by the Athletic Department as a commitment for continuation of the aid as long as the student-athlete remains eligible. It is the philosophy of the Council that such aid awarded to recruited student-athletes should not be terminated or significantly reduced except in unusual circumstances, such as documented bad faith effort on the part of the student-athlete. Specifically, a scholarship may not be terminated or significantly reduced for reasons of athletic ability or contribution to team success. Any reduction of athletic-based aid to recruited student-athletes must be reported, along with the reasons for the reduction, to the Council.

b. The renewal of athletic-based financial aid for non-recruited student-athletes is subject only to the applicable NCAA and NKU policies.

(Refer NCAA Bylaws 15.3.5). (Revised 5/98)


10. Unless otherwise instructed by the Council, the Executive Committee will act on behalf of the Council in receiving and acting upon recommendations from search committees for part-time coaching positions. (Adopted 5/14/87).

11. a. Student-athletes shall not be required to miss two meetings of a class in the same week or two consecutive meetings of a class due to participation in intercollegiate athletics.

   Athletic team schedules over which the University has direct control shall be constructed to meet this criterion. Exceptions must be approved by the Athletic Director and reported to the Athletic Council. Contests or championships scheduled by the GLVC or NCAA, in conflict with this criterion, are exempted from this policy.

   “Participation” includes athletic contests, travel to and from contests, and practice; “class” includes only credit courses that meet two or three times per week and are scheduled to end by 2:15 p.m. on weekdays.

b. Student-athletes shall not be required to participate in intercollegiate athletics during the final exam period of a semester.

   Athletic team schedules shall be constructed to meet this criterion. All exceptions must be approved by the Athletic Director and reported to the Athletic Council.

   “Participation” is defined as in item a. The “final exam period” is the period beginning the day before the first scheduled final exam and continuing through the last scheduled exam for any member of the team in question.

   (Refer NCAA Bylaws 17.01.1) (Adopted 11/19/87; revised 2/20/92).

12. Search committees for the positions of athletic director or head coach will contact the NCAA Compliance and Enforcement Department to determine whether candidates have been involved with past NCAA rules violations. This will be done before candidates for a position are brought to campus for interviews. Candidates who have been officially sanctioned by the NCAA for unethical conduct will not be considered for the position.

   The Department of Intercolligate Athletics shall follow the same procedure before hiring an assistant coach with a past affiliation with an NCAA institution. (Adopted 2/25/88).

13. Beginning in 1988, the Athletic Council has sponsored the Career Achievement Awards, and the Athlete of Distinction Awards. (These awards were sponsored by the Varsity Club 1978 - 1987). Awards will be made only when the selection committee finds deserving candidates.

   a. The awards will consist of plaques in addition to the recognition and honor. Funding for the awards will be provided by the Office of Vice President for Student Affairs and Enrollment Management.

   b. The Thomas J. Kearns Career Achievement Awards will be based upon academic excellence, athletic ability and achievement, character, and leadership. Recipients will be chosen from senior student-athletes who have represented NKU in intercollegiate athletics for two or more seasons, and for whom graduation is anticipated. The awards will be presented at the recipients’ seasonal sports banquets following his or her final season of competition.

   c. The Margery Rouse and Vincent G. Shulte Athlete of Distinction Awards will also be based upon academic excellence, athletic ability and achievement, character, and leadership. The Vincent G. Schulte and Margery Rouse awards will be presented to the male and female athletes, respectively, who best exemplify the student-athlete concept, and who through dedication, effort, ability, leadership and unselfishness have given the most of themselves to intercollegiate athletics at NKU. These awards will be presented at the spring athletic banquet or other suitable occasion in the spring. (revised 5/90)

   A recipient of an Athlete-of-Distinction award may be nominated for the Great Lakes Valley Conference’s Richard F. Scharf Paragon Awards.
d. Selection of recipients for Career Achievement Awards and the Margery Rouse and Vincent G. Schulte Athlete of Distinction Awards will be made by a committee appointed by the chair of the Athletic Council. The committee will include the Director of Intercollegiate Athletics, the Faculty Athletics Representative, the Senior Associate Athletic Director for Administration, at least two additional voting members of the Athletic Council (one of whom shall serve as chair of the committee), and any other appointees the chair wishes to make as long as voting members of the Athletic Council constitute at least half of the committee. (Adopted 2/25/88; revised 2/90, 2/92, 5/95, 3/96, 11/01).

14. Guidelines for the Career Achievement and Athlete of Distinction Awards

i. Academic Excellence: A cumulative GPA of at least 3.00 is required for both the Career Achievement and the Athlete of Distinction Awards. Student-athletes with a lower GPA, but exceptional qualifications in one of the other areas, may be considered as long as there is no more than one dissenting vote.

ii. Athletic Ability and Achievement: To be considered, a student-athlete must have met one of the following standards:
   (1) Recognition of achievement beyond the University, e.g., All-Tournament, All-GLVC, All-Region, etc.
   (2) Set significant NKU contest, season, or career records
   (3) Been a major contributor to an NKU team that was successful at the GLVC championship level or beyond

iii. Character and Leadership: Student-athletes will be judged based on recommendations from coaches and others in addition to personal observations.

15. The use or display of tobacco products by participants, including coaches and support staff, at practice, regular season, conference or NCAA competition and attendant events is prohibited. (Refer NCAA Bylaws 11.1.7). (Adopted 11/17/92).

16. Annually, each team is required to develop and submit to the Associate Athletics Director for Athletic Training and Risk Management for approval, a team alcohol and drug policy that explains the expectations and consequences for use and abuse of alcohol and drugs. Each team at the start of their sport season will integrate this policy into its overall team rules and regulations. The policy must be in writing, distributed and discussed with the team (Adopted 02/17/04)

17. The University will not request an NCAA waiver of initial eligibility requirements for a student with a core GPA deficiency. (Refer NCAA Bylaws 14.3.1.2.a). (Adopted 5/95)

8/05

**PHYSICAL WELFARE**

**SPORTS MEDICINE**

In order to properly utilize the Sports Medicine Services here at Northern Kentucky University it is necessary to understand certain policies and procedures.

The Sports Medicine staff at NKU is comprised of:

- Associate Athletic Director of Sports Medicine & Risk Management
- Associate Athletic Trainer
- Assistant Athletic Trainer
- Graduate Assistant Athletic Trainer
- Team Orthopedic Surgeons
- Team Family Practitioner
- Athletic Training Students

Medical services are provided to all rostered student-athletes at Northern Kentucky University regardless of their competition status. If an athlete is practicing and/or competing in one of our intercollegiate programs, they will receive medical care through the Sports Medicine Staff. The student-athlete has a responsibility to notify the Sports Medicine staff of any and all injuries and/or illnesses prior to and during their participation.

It is the responsibility of the coach to ensure notification to the Sports Medicine Staff of a possible injury/illness and to hold the student-athlete from participation until they are medically cleared. The coach and staff athletic trainer also have the responsibility to prevent injuries/illnesses through proper coaching techniques, ensure that safe and appropriate equipment is being used properly, and facilities are safe and appropriate. The student-athlete accepts the risks involved in participation through a general signed statement in conjunction with their physical, but the coach needs to illustrate risks specific to their sport.

**HIPAA**

The Northern Kentucky University Sports Medicine Department complies with the Health Insurance Portability and Accountability Act of 1996 (HIPAA). The purpose of the act is to ensure health insurance portability, to reduce fraud and abuse, to require security for health information, and to enforce privacy standards for health information.

Student-athletes will be asked to sign an annual HIPAA authorization form for the sports medicine staff to receive or send medical records to medical providers.
PHYSICAL EXAMS
At the beginning of each academic year, all student-athletes are required to have a physical examination by NKU team physician(s) before participation may begin, including, but not limited to individual workouts. Student-athletes are required to have primary insurance prior to getting a physical.

All incoming freshmen and transfers will be REQUIRED to be seen by NKU team physician(s). The final decision on physical qualifications or reason for rejection from participation in university athletic events is the responsibility of the university’s Team Physician or Head Athletic Trainer.

INSURANCE COVERAGE
All student athletes must provide proof of medical insurance that includes coverage of injuries occurring during participation in intercollegiate athletics, prior to practice and/or participation and prior to attaining a physical.

Athletic accident insurance is provided by Northern Kentucky University for the benefit of our student-athletes. This coverage is offered on an “excess” basis only. Under the terms of the policy, this coverage is considered to be secondary or in addition to all other valid and collectible medical insurance policies. Most notable would be parental insurance coverage through your place of employment under which the student-athlete is covered as an eligible dependent. In the event there is no medical insurance coverage, our provider has offered a plan to cover athletic events. If you need an application to purchase insurance for your son/daughter, contact the Sports Medicine Office at 859.572.5118.

The NCAA does not permit us or any college or university to provide coverage or pay the bills incurred for expenses related to illness or conditions which are not sustained as the direct result of an athletic accident in our intercollegiate athletic program.

If your primary medical insurance is a HMO or PPO and you will be out of your (or your parents) coverage plan it is recommended to see if your company offers a rider for out-of-area coverage. This addition to your policy will insure the best possible medical care for your son or daughter. Due to new regulations outlined in the Health Insurance Portability and Accountability Act (HIPAA), if your primary medical insurance requires a referral from a primary care physician (PCP) to see a specialist, it is your responsibility to have a referral sent to any specialist (such as NKU team physicians) you are required to see as a result of athletic participation.

All medical bills incurred as a result of an injury in the intercollegiate athletic program will be sent directly to your home address. In some cases, the athletic department may get a copy of the bill, but in no case will the athletic department be the primary place for the incurred bills to be sent.

Northern Kentucky University’s athletic insurance policy will NOT pay toward any of the following expenses:
1. Pre-existing injuries or conditions, or aggravation due to athletic participation are not covered benefits.
2. Off-season injuries, injuries incurred during the season that are not directly related to varsity competition or supervised practices (for example, injuries in P.E. classes, intramural sports, recreational activities, etc.), are not covered in accordance with NCAA regulations.
3. Refusal to pay by primary insurance due to an exemption for intercollegiate athletics participation.
4. Refusal to pay by primary insurance due to lack of proper referral paperwork.
5. Primary insurance deductible’s over $250.00.
6. Primary insurance co-pays for office visits – All co-pays should be made at the time of the initial office visit.
7. Prescription medicines.
8. Expenses not directly related to restoring pre-injury status.
9. Late fees or similar charges incurred.*
10. Bills over 1 year old.

*Processing of claims by our athletic insurance carrier can take up to 3 weeks from the time your bill is submitted to the Sports Medicine department. In order to avoid late fees from medical providers, all bills must be received in the Sports Medicine office no later than 2 weeks after the posted date of the original bill. Parents or athletes will be responsible for any late fees incurred when the original bill was not received in the Sports Medicine office within this time period. Other similar charges that will not be covered include, but are not limited to, late fees incurred from the failure of the parent to provide additional information requested by Northern Kentucky University’s athletic insurance carrier.

In order to control medical costs, if medical procedures are necessary for NKU student-athletes, our team physicians and Sports Medicine Staff will perform them. If other medical personnel are to be utilized, NKU will not be financially responsible without the prior written referral from an authorized member of the Sports Medicine staff. Illnesses and injuries with previous histories of injury are not covered unless we have medical documentation to illustrate complete rehabilitation has occurred. Conditions existing prior to athletic participation are not covered under this policy.
FAQ ON ATHLETIC INJURY INSURANCE COVERAGE

Q. What expenses can be paid by the Athletic Department?
A. The Athletic Department can pay only those expenses incurred as the result of an athletic injury sustained during NCAA-sanctioned and staff-supervised practice or competition. This includes diagnostics, treatment, surgery, physical therapy, and follow-up by team physicians and pre-approved health care providers. (Pre-approved health care providers means approved in advance by a staff athletic trainer.)

Q. When will NKU Athletics pay on bills?
A. After your personal insurance has considered the claim, NKU will pay any balances due for the charges described above.

Q. Who will NKU Athletics pay?
A. We will make payment directly to the health care provider. You should make no personal payments to a health care provider for treatment of an athletic injury.

Q. What should I do if I receive a bill for medical services related to an athletic injury?
A. Forward the bill immediately to the Athletic Department Insurance Coordinator. We will either consider payment or request that the health care provider file a claim with your insurance company. In this way, you do not have to complete any paperwork.

Q. How will I know whether my insurance company made payment?
A. When your insurance company has made a decision regarding the bill, you will receive an Explanation of Medical Benefits (EOMB) form.

Q. What should I do with EOMB I receive?
A. If the charges are related to an athletic injury, we ask that you forward a copy of the EOMB to us. Athletics will then make payments on any balance due to the health care provider.

Q. What should I do if I receive a check with my Explanation of Benefits?
A. Since NKU Athletics cannot pay a bill until your insurance company has finished with the claim, you can assume that the health care providers involved have not been paid while the claim was pending with your insurance company. Therefore, if you receive a check, we ask that you call us immediately to discuss how payment to the provider will be handled. Some insurance companies will only make payments to you (the subscriber). Please keep in mind that you are only entitled to keep the funds if you have already made direct payment to the physician or if you will be forwarding payment or the check to the health care provider named on the Explanation of Benefits.

Q. What if I only have an HMO or PPO?
A. We ask that you provide the name and address of your primary care physician. Some HMO’s/PPO’s will waive the network requirement if the network physician provides a referral.

Q. What should my son/daughter do if he/she needs to see a physician other than a team physician while out of the area for an athletically related injury?
A. If it is an emergency, he/she should go to the nearest emergency room immediately and then contact a staff athletic trainer as soon as possible. If it is not an emergency, please contact a staff athletic trainer for pre-approval to see a physician in order for the Department of Athletic to be responsible.

Q. Why do I have to complete a new form every year?
A. Generally, your release signature is only good for one calendar year. Additionally, we expect that the information is subject to change. We need an annual confirmation of the insured status of each student-athlete before they can be cleared for competition.

Q. Whom should I call if I have a problem or questions?
A. If you ever have any questions or concerns or if you receive a check at home that you would like to discuss, please contact one of the Athletic Training Staff members.

REFERRALS
Northern Kentucky University’s Sports Medicine Staff will refer student athletes to other medical specialists. Referrals will only be eligible for NKU’s insurance policy if the athlete obtains prior authorization from the full time Sports Medicine staff.
SECOND OPINIONS
The athletic trainer refers the student-athlete to a NKU team physician or NKU appointed specialist. If the student-athlete chooses to have a second opinion, NKU will not cover the cost of the visit. If the student-athlete chooses to have further care given by the second opinion physician outside the NKU appointed physician, all medical expenses incurred including, but not limited to, deductible(s), physician fees, rehabilitation services and fees, hospital fees, diagnostic testing, and post-op care will be the responsibility of the student-athlete and parent(s)/guardian(s).

In the event a student-athlete chooses to have care given by a non-NKU appointed specialist all medical expenses incurred including, but not limited to, deductible(s), physician fees, rehabilitation services and fees, hospital fees, diagnostic testing, and post-op care will be the responsibility of the student-athlete and parent(s)/guardian(s). Furthermore, the NKU team physicians shall have final authority with regard to all medical disqualifications, treatment, and medical hardships due to the NCAA guidelines.

HEALTH, ALCOHOL, AND DRUG EDUCATION AND ASSISTANCE PROGRAM

Rationale
The Northern Kentucky University Athletic Program is highly visible throughout the Greater Cincinnati and Northern Kentucky community. The student participants (all athletes, including red shirt players, athletic trainers, team managers and cheerleaders) who take part in its Intercollegiate Athletic Program represent the University locally and nationally through their endeavors. Because they have chosen a student activity that is so closely tied to the public’s view of the University and in many instances accepted financial aid based upon athletic participation, student participants and those who work closely with them have special responsibilities and obligations to uphold the level of moral and ethical standards expected within the University community.

The athletic department will require all student participants and athletic department staff to actively participate in an ongoing health, alcohol and drug education and assistance program. This program will run concurrently with their eligibility and/or employment. The goals of the health, alcohol and drug education and assistance program are:

1. To create an environment that promotes health, wellness and emotional assistance;
2. To assist athletic department staff members in recognizing the student participant that may have an existing health, alcohol and drug problem;
3. To educate the student participant on the danger inherent in the abuse of substances this may affect his/her mental and/or physical well being;
4. To encourage frank discussions of the concerns student participants may have about the use of drugs;
5. To prevent through education any health, drug and alcohol abuse by NKU student participants;
6. To identify any student participant who may be using drugs and/or alcohol;
7. To insure that any chronic dependency is addressed and properly treated;
8. To provide a reasonable safeguard that all student participants are medically competent to participate in competition.

The health, alcohol and drug education and assistance program is to provide help to a student participant who has a concern or problems with health, alcohol and/or drugs.

This program is intended to address potentially serious problems in a helpful, not punitive, way. It is designed to place student participants in communication with professionals who can help prevent small difficulties from growing and interfering with the educational process. In order to maximize the effectiveness of this program and insure that the intercollegiate athletic program is not compromised, and the safety of other members of the athletic program is not jeopardized, all members of the Northern Kentucky University athletic community will participate in this program.

While it emphasizes prevention and assistance, this program also sets out consequences relative to continued participation in intercollegiate athletics for those who violate university policies or civil laws regarding alcohol and drugs.

The programs and policies described in this document govern all athletes and staff of NKU’s athletic department. Stricter individual team rules and policies may supersede those in this document when agreed upon in writing by the Athletic administration.

All student participants are subject to the rules and regulations of NCAA. The NCAA Constitution 3.2.4.6 and Bylaws 14.1.4, and 30.5 deal specifically with drug testing issues. A copy of the NCAA Constitution and Bylaws is available and can be reviewed in the main Athletic office, AHC 250.

Programs for Student Participants
To be eligible to participate in the university’s athletic program, the “Consent for Participation in Health, Alcohol and Drug and Assistance Program” form must be signed. Forms signed before a student participant attains the age of 18 must be signed by a parent/guardian and must be signed again by the student participant immediately after his/her 18th birthday.

Subsequent refusal to cooperate in the administration of this policy and its procedures will result in a referral to the mental health professional for intervention (described below in Section II.B). Further refusal to cooperate will result in dismissal from the student participant’s athletic program.
**Student Education Program**

At the beginning of the Fall academic semester, a presentation will be made to all student participants in the Athletic program at Northern Kentucky University to outline and review the department’s policies and program regarding health issues, drug and alcohol use and abuse, its purpose and implementation. A copy of the Health, Alcohol and Drug Education and Assistance Program Policy will be given to each student participant. Each student participant will be asked to: 1) sign a copy of the policy acknowledging receipt of a copy and understanding of the policy; 2) sign a statement authorizing the release of information and records only to the Athletic and University Administration.

During the academic year, (Fall/Spring) there will be a variety of educational programs on health, alcohol/drug abuse, and wellness issues. The Associate Athletic Director / Head Athletic Trainer will identify these programs and all athletic teams/coaches will be notified. Professional health, alcohol and drug educators, and counselors will conduct all educational programs. Topics to be included but not limited to, are: self-help, stress management, self-esteem, university and community health, alcohol and drug problems, anti-abuse motivation or other related topics.

1. All student participants will be mandated to attend at least two sessions per academic year. All freshmen and transfer students must attend the first session scheduled in the fall as one of the two required sessions.

2. Failure to attend sessions as required above may result in the non-renewal of Grant-in-Aid and/or dismissal from the athletic program.

**Student Assistance Program**

Assistance for the student participants with a problem or concern with health, alcohol or drugs will include an assessment by the mental health professional who will recommend appropriate treatment. The mental health professional will communicate assessment and progress to the Assistant Athletic Director/Head Athletic Trainer. The Assistant Athletic Director/Head Athletic Trainer will be responsible for informing the Athletic and University Administration, if appropriate, of problems and action taken in this regard.

1. Confidentiality: To maintain a level of confidentiality, the report of the mental health professional to the Athletic and University Administration will be limited to recommendations and compliance in the treatment. It will not include personal information learned through treatment sessions.

2. Insurance Coverage: The athletic program’s insurance policy is an “excess” policy. NKU’s insurance will be used only after the student participant’s insurance has dealt with the claim.

   a. If the student participant is cared for by a mental health professional approved by the Athletic and University Administration, NKU will submit to its insurance carrier bills incurred due to evaluation, screening and administering care to the student participant that are not covered by his/her primary insurance policy.

   b. If a student participant desires an outside referral, an approved licensed mental health professional will be agreed upon and the full financial burden, for any such professional service, will rest with the student participant.

**Voluntary Assistance**

Any student participant who comes forward with a health, alcohol and drug problem or concern will be referred to an approved licensed mental health professional. If the student participation selects a qualified mental health professional, other than the athletic department’s designated mental health professional, the student is responsible for the entire costs of his or her counseling. The mental health professional will recommend the student participant for the appropriate treatment plan, counseling, and will provide information pertaining to the athlete’s capability to participate with his/her respective team.

**Mandated Intervention Policy**

A student participant will be referred to an approved mental health professional for mandatory assistance, hereafter referred to as an *intervention*, when any of the following occur:

1. The student participant fails a drug test for banned drugs, as defined by NCAA regulations, or refuses to comply with a required test. The list of such banned drugs is published in the NCAA Division II Manual which is available and can be reviewed in the main Athletic office, AHC 250;

2. The student participant’s behavior as reported by a reliable witness, indicates that he/she may be abusing alcohol or drugs or experiencing other health related problems and thus endangering himself/herself, and/or the athletic program, or the university community;

3. The student participant seeks voluntary assistance with either such frequency or in such serious circumstances that the Athletic Administration must formally intervene to insure the safety of the student participant himself/herself, others in the program, or the program itself.

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1. The Athletic Administration is defined to consist of the Athletic Director, Assistant Athletic Director/Head Athletic Trainer, Team Physician(s), Head Coach, and others on a need to know basis. The University Administration is defined to be the University Athletic Council and the President’s cabinet.

2. A mental health professional is defined to be a state licensed mental health practitioner approved by NKU’s Athletic Administration.

3. A reliable witness includes, but is not limited to, any NKU faculty or staff member, health care provider, law enforcement officer, student and/or parent.
All drug and alcohol related violations are considered cumulative for the student participant’s career.

**3. THIRD INTERVENTION:** Upon a third intervention involving alcohol or drugs, the student participant will be permanently dismissed from the athletic program. The student participant may continue in the counseling program for the remainder of the academic year. Upon dismissal, the student participant’s Grant-in-Aid will be terminated after the appropriate hearing process. (See NCAA Bylaw 15.3.4.1.3 Hearing Opportunity Required.)

All drug and alcohol related violations are considered cumulative for the student participant’s career.

**DRUG TESTING POLICIES AND PROCEDURES**

The student-athlete submits to the NCAA drug testing policy by signing the drug testing consent form included with the NCAA forms that must be signed annually by the student-athlete. Failure to sign the NCAA drug testing form precludes the student-athlete from participating in intercollegiate athletic competition. The NCAA drug testing policy utilizes random drug testing procedures and may take place during the school year as well as upon qualification for NCAA championship competition. If a student-athlete is found in violation of the NCAA drug testing policy, the student-athlete may lose as much as a season of eligibility for a first offense. A second positive test may result in loss of eligibility in all sports.

The Athletic Department has adopted and implemented a separate drug and alcohol policy that operates in conjunction with NCAA drug and alcohol policies. Prior to participating as a member of an NKU athletic team, the student-athlete is required to sign a drug and alcohol testing consent form. Refusal to sign this form precludes the student-athlete from participating in intercollegiate athletics. After having signed the consent form, the student-athlete may be required to undergo testing at any time pursuant to the policy and procedures of the health, alcohol and drug education assistance program. This testing may be random or due to reasonable suspicion of alcohol or drug use. Student-athletes who test positive for alcohol or drug use will be subject to suspension from athletic participation, permanent dismissal from their respective team, and/or forfeiture of any athletic grant-in-aid. The following is a partial list of banned substances that may be tested for under this policy: Amphetamines, barbiturates, benzodiazepines, cocaine, metabolites, marijuana metabolites, opiate metabolites, phencyclidine, and propoxyphene. In addition, a saliva test may be conducted for alcohol use by an authorized member of the Sports Medicine staff.

**NCAA Drug Free Sport**

The NCAA conducts year-round drug testing for Division II programs. For institutions not sponsoring DII football, Drug Free Sport randomly will select institutions to be tested. Institutions not sponsoring football will be selected at least once every two years. If your institution does not sponsor football, four student-athletes from one sport will be tested. Student-athletes are subject to drug testing before, during or after their competitive season.

Drug Free Sport randomly will select student-athletes for drug testing and provide the names of the selected student-athletes to the institution’s drug-testing site coordinator. The drug-testing site coordinator will notify the selected student-athletes. Selected student-athletes are required to sign the Out-of-Competition Student-Athlete Notification Form, acknowledging their selection for drug testing and will be present at the time and location designated by the drug-testing site coordinator. Student-athletes are drug tested through urinalysis and will be observed by a drug-testing crew member of the same gender. The length of the collection process depends on the student-athlete’s ability to provide an adequate specimen. If a student-athlete provides an adequate specimen immediately upon arriving at the drug-testing station, the entire process is usually completed in less than 20 minutes. The student-athlete cannot be released from drug testing until an adequate specimen is provided, except to attend class. NCAA drug-testing protocol requires the specific gravity of each student-athlete’s urine sample be measured onsite prior to sending the sample to the lab. (Protocol 6.2.5.1) If the specimen is too dilute, the student-athlete will be required to remain in drug testing until an adequate specimen is collected. This could take several hours.
NKU Drug Testing Program

The NKU Athletic program will institute a confidential drug screening program. The primary purpose of this program is to identify student participants who through the use of alcohol, pharmaceutical products and illegal drugs, endanger the welfare of other students, themselves or the team.

A random selection will be performed monthly. In addition, a discretionary drug screening test of a student participant or athletic team based upon a reasonable suspicion of drug use or problem will be performed at the request of the Athletic Administration. If a team qualifies for a conference or NCAA tournament, the Athletic Administration may request a drug screening test be conducted before the team participates in the tournament.

The head coach will be notified by the Associate Athletic Director for Sports Medicine and Risk Management prior to their student-athlete being drug tested. All student participants shall be subject to urine testing as described herein and shall provide samples for such testing as requested by department staff pursuant to its published procedures. Dilute samples will not be accepted.

- If a sample is diluted, the student-athlete will be required to take a second drug test immediately. If the second test also is dilute it will automatically be considered a positive test.

Student athletes who are randomly selected will be escorted by an Athletic Department Representative to the Drug testing facility. The coaches of these athletes will be notified prior to the testing. These athletes will be removed after practice or between classes and escorted immediately to the facility.

Student athletes who are suspected of drug use or problem will be escorted by an Athletic Department Representative to the Drug testing facility. The coaches of these athletes will be notified prior to the testing. These athletes will be removed before or after practice and escorted immediately to the facility. These student athletes will be observed by an official at the Drug testing facility while providing their specimen.

Failure to comply with the drug testing procedures as described will result in a mandatory intervention

Testing Procedure

1. Appropriate urine and saliva specimens will be collected, under observation, from student participants for laboratory testing for the presence of prohibited substances (as defined in consent form).

2. Specimens may be collected when the mental health professional confirms that there is reasonable cause to believe that a student/athlete who has been referred by the athletic department is or has been adversely affected by prohibited substances. Specimens may also be collected by team, by portion of team, by random individual selection from a team, or all student participants, for re-testing as part of the assistance process, or by the NCAA.

3. Testing may occur during any periods of eligibility for conditioning, training, or competition. Re-testing shall be scheduled only after sufficient time has elapsed, as determined by the mental health professional, so that substances identified in prior tests have passed through the student participant’s system and will not be detected.

4. All testing will be conducted by a departmentally approved medical testing laboratory that has appropriate chain of custody procedures.

5. Any positive test result must be confirmed by one other analysis process on that specimen when practicable.

6. A testing consent and waiver must be signed by each student participant prior to each test.

7. All positive results from any drug screening will be brought to the attention of the student participant in a confidential, but direct manner. The Athletic and University Administration will receive the results of a positive test. The student participant will be entered into the Student Assistance program and will follow established intervention protocols, as described in the Mandatory Intervention Policy above.

SALE AND DISTRIBUTION POLICY

Any student participant involved with and subsequently found to be guilty, through NKU’s disciplinary process and/or the judicial system, of the sale or distribution of or the intent to sell or distribute drugs will be dismissed from the Northern Kentucky University Athletic program.

APPEALS

A student participant referred for an intervention to the mental health professional in accordance with the Mandatory Intervention Policy (II.C above) may appeal the possible suspension or dismissal from the team, or non-renewal of Grant-in-Aid. The Athletic Director will give notice in writing, of the student participant’s right to appeal. The student participant must appeal, in writing, to the Athletic Director within seven days of notice.

For suspensions or dismissals, a Review Committee appointed by the Athletic Director and including the NCAA Faculty Athletic Representative, three voting members of the Athletic Council, two representatives of the Athletic program and one representative of Health, Counseling, and Testing Services office will review and decide whether circumstances warrant restoration of eligibility.

\[4\text{ Dilute: Any test sample in which the results are skewed due to increase in water content of the urine}

\[5\text{ Positive Results: Sample containing banned substance confirmed by medical laboratory.} \]
If the suspension or dismissal is upheld by the Review Committee, no further appeal within the intercollegiate athletic decision making structure is allowed. If the suspension or dismissal is overturned by the Review Committee, the student-athlete is then eligible to be re-instated by the Athletic Administration.

The student participant may appeal withdrawal of athletic Grant-in-Aid as guaranteed under NCAA Bylaw 15.3.4.13.

**TOBACCO USE**

NCAA Tobacco Policy: The NCAA has implemented the following policy concerning tobacco. The use of tobacco products by a student participant is prohibited during practice and competition. A student participant who uses tobacco products during a practice or competition shall be disqualified for the remainder of that practice or competition. The use of tobacco products by coaches and game officials also is prohibited.

**OTHER HEALTH RELATED ISSUES**

Body piercing and tattoos share health related risks with transmission of body fluids. In an attempt to promote your complete wellness all body-piercing jewelry is prohibited during practice and competition. Tattoos are strongly discouraged.

The health risks associated with sexually transmitted diseases are serious and possibly life threatening. Counseling and screening is offered through the Health, Counseling, and Testing Office at NKU as well as local County Health Departments. (For more information call 572-5650)

**Nutritional/Dietary Supplements**

Although dietary supplements are readily available over the counter they are not without risk. Many dietary supplements used by athletes contain banned drugs by the NCAA. A student participant currently using or considering the use of any supplement should check with the athletic training staff.

**Eating Disorders / Disordered Eating**

The Department of Athletics at the Northern Kentucky University supports the development of healthy and responsible lifestyles for NKU student-athletes, with the goal of long-term enrichment and enhancement of their lives. NKU also recognizes there are behaviors that threaten a healthy lifestyle including disordered eating. NKU knows that the origin of eating disorders reflect the interaction of biological, psychological, and sociological factors in the development of eating disorders. Due to the nature of college athletics, student-athletes in particular are at an increased risk of developing or sustaining patterns of disordered eating.

Depending on the extent of the disorder and the length of time the individual has engaged in such behaviors, the effects of disordered eating can range from mild to severe. Medically, there is a potential for serious consequences in every system of the body. Disordered eating can have short-term and long-term health consequences. Eating disorders are often associated with low self-esteem, obsessive thinking, and feelings of isolation. Psychologically, individuals with an eating disorder have an increased risk of depression and suicide. Recovery from eating disorders can be a difficult process that takes time. In general, the greater the duration and frequency of disordered eating, the longer it will take for recovery to occur. There is NOT substantial evidence linking thinness to superior performance. Body weight and composition is only one factor contributing to athletic performance. See complete Eating Disorders Policy in Appendix

**Pregnancy**

**If you become pregnant:** If you, as an NKU student athlete become pregnant we want you to know we have a policy designed to help you. First, we encourage you to discuss your pregnancy and related health concerns with your personal physician, NKU’s team physician, or nurse at the Student Health Center. We also encourage you to tell your athletic trainer and coach as soon as you learn you are pregnant but you are not required to do so. You may also want to inform your partner, family members, and others close to you. If you see a healthcare provider, you should be aware that you are protected by confidentiality and the provider cannot inform anyone of your pregnancy without your permission. If you tell your athletic trainer, coach or athletic department representative, they must also keep this information confidential unless you give them permission to do otherwise. Pregnancy can be a challenging event for a student athlete and we want to protect while you consider your options. We suggest you do not withdraw from your sport before talking to someone.

**What happens to my scholarship?** If you are pregnant and you inform your athletic trainer and coach and you do NOT voluntarily withdraw from your sport, your scholarship will remain in place for the remainder of the granting year (academic year the grant was awarded). Your athletic trainer can help you discuss your situation with your coach and if necessary, with the Athletics Director.

In the event the student-athlete decides to return to school and her sport, after the delivery or termination of the pregnancy the grant-in-aid will be renewed in accordance with the Athletic Council Constitution, Bylaws and Policies, policy #7. (See your student-athlete handbook, Athletic Council Policies, for further information.)

If you voluntarily withdraw from your sport before informing your coach and athletic trainer of your pregnancy, your athletic grant-in-aid may be cancelled.

15.3.4.1(d) Reduction or Cancellation Permitted. Institutional financial aid based in any degree on athletics ability may be reduced or canceled during the period of the award, if the recipient:

(d) Voluntarily withdraws from a sport at any time for personal reasons; however, the recipient’s financial aid may not be awarded to another student-athlete in the term in which the aid was reduced or canceled. (*NCAA Division II Manual, 2006-07, p.154*)
What happens to my eligibility? If your eligibility is affected by a pregnancy, the NCAA will permit a member institution to grant an extension (See Bylaw 14.2.2.2 Pregnancy Exception) of the following bylaw:

14.2.2 Ten-Semester/15-Quarter Rule. A student-athlete shall complete his or her seasons of participation during the first 10 semesters or 15 quarters in which the student is enrolled in a collegiate institution in at least a minimum full-time program of studies, as determined by the regulations of that institution. For an institution that conducts registration other than on a traditional semester or quarter basis, the Academic Requirements Committee shall determine an equivalent enrollment period. (NCAA Division II Manual, 2006-07, p.113)

14.2.2.1 Utilization of Semester or Quarter. A student-athlete is considered to have used a semester or quarter under this rule when the student-athlete is officially registered in a collegiate institution (domestic or foreign) in a regular term of an academic year for a minimum full-time program of studies, as determined by the institution, and attends the first day of classes for that term, even if the student-athlete drops to part-time status during that first day of classes (see Bylaw 14.2.3). (Revised: 1/10/05) (NCAA Division II Manual, 2006-07, p.113)

Depending on the circumstances, a student-athlete could be approved for a two semester extension of her 10-semester period of eligibility.

14.2.2.2 Pregnancy Exception. A member institution may approve a two-semester or three-quarter extension of this 10-semester/15-quarter period of eligibility for a female student-athlete for reasons of pregnancy. (NCAA Division II Manual, 2006-07, p.113)

Where do I go for help? Your athletic trainer or coach will refer you to counseling and healthcare providers outside the Athletics Department. Remember, your athletic trainers and coaches are obligated to keep your pregnancy confidential unless you specifically give them permission to share that information. If you, initially, choose not to tell your athletic trainer or coach, below is a list of resources to assist you. You can be seen for pregnancy testing, referral and counseling at the Student Health Center. Healthcare providers there can also help you discuss your pregnancy with your athletic trainer and coach if you choose to do so.

- NKU’s Health, Counseling and Prevention Services, University Center 300, 859-572-5650. The student-athlete will have access to a full-time nurse, pregnancy test, and counseled on her options.
- Dr. James Bilbo, NKU’s Athletics Department Team Physician- He can be contacted by calling 859-341-5600.

The following resources are available to assist and guide student-athletes:

3. NKU Health, Counseling and Prevention Services- dedicated to helping students achieve and maintain optimal levels of physical and emotional functioning. The services provided are primarily free of charge and are administered by highly trained and qualified professionals. http://www.nku.edu/~hcpp/
4. Planned Parenthood- offer high-quality sexual and reproductive health care, including family planning, gynecological care, STI/STD testing and treatment, pregnancy testing, and abortion services. http://www.plannedparenthood.org/birth-control-pregnancy/pregnancy-4250.htm
5. Pregnancy Services of Northern Kentucky- committed to providing compassionate services to men and women facing unplanned pregnancy issues. http://www.carenetnky.org/

Can I continue to participate in my sport? If you are pregnant and want to continue to participate in your sport then you, your healthcare provider, the team physician, your coach, your athletic trainer, and the athletic department representative will form a committee to discuss if and how you can safely continue in your sport. Depending on your sport and with your healthcare provider’s approval, you may be able to participate until the 14th week of your pregnancy. If you choose to participate, you will receive information regarding the risks and benefits of athletic participation during pregnancy and your healthcare provider will discuss it with you. This includes, but not limited to: the effects of pregnancy on competitive ability, the effects of strenuous physical training and competition on both the pregnant student-athlete and the fetus, and the warning signs to terminate exercise while pregnant.
When you feel that you understand the issues involved in participating during pregnancy, you will be asked to sign a waiver and it will be added to your medical record. Your committee will monitor your health and academic progress during your pregnancy and can assist you in return to your sport if you decide to return.

If you decide not to tell your coach and/or your athletic trainer that you are pregnant, and decide to continue strenuous activity you are placing yourself, your fetus and your teammates in a precarious and potentially unhealthy situation. It is in your best interest to notify your coach and athletic trainer immediately of your pregnancy to insure a safe and healthy environment for everyone.

**What about medical insurance coverage?** The NCAA states that a university is responsible for the medical care of the student-athlete when, the injury is directly related to supervised practice, conditioning or competition in the student-athlete’s sport. Since pregnancy is not directly related to intercollegiate athletics, all medical expenses from the pregnancy will be the responsibility of the student-athlete.

**What if I am a male athlete whose partner becomes pregnant?** While male student-athletes are not affected physically by pregnancy like female student athletes, they can have stress over the pregnancy and worry about their pregnant partner. Male student-athletes may question whether they are ready for fatherhood and the personal and financial obligations associated with pregnancy. We encourage you to discuss these issues with your partner, healthcare providers, coaches, athletic trainers and/or NKU administration representative.

As a male student-athlete dealing with a partner’s pregnancy you will be supported and your rights to privacy will be the same as it is for any other personal medical information. You can be referred to counseling and health care providers for support. A support team may be formed to help you with pregnancy and related issues of participation and academic progress.

**What happens after I’m no longer pregnant?** After delivery or termination of the pregnancy, the student-athlete will need time for recovery prior to returning to participation. The exact time for recovery will be assessed by the committee. A follow-up examination by the student-athlete’s health care provider is required to be on file prior to clearance to participation to her sport(s).

See Pregnancy Flowchart in Appendix.

**NCAA BANNED DRUGS**

NCAA regulations also require an institution to provide you with information regarding the NCAA Banned Drug List. This list can be viewed at [http://www1.ncaa.org/membership/ed_outreach/health-safety/drug_testing/banned_drug_classes.pdf](http://www1.ncaa.org/membership/ed_outreach/health-safety/drug_testing/banned_drug_classes.pdf). See 2008-09 NCAA Banned Drug list in Appendix. Each student at NKU will be given a copy of the 2009-10 NCAA Banned Drug list during their orientation and compliance meeting.

**ATHLETIC TRAINING ROOM POLICIES**

The Athletic Training Room is a medical care facility and should be treated accordingly.

1. No team bags or personal items are permitted in the Athletic Training Room. Leave them in the locker room before coming in for treatment.
2. No food, drink, or tobacco products are permitted in the Athletic Training Room.
3. Cleats are NOT permitted in the Athletic Training Room or the hallways outside of the Athletic Training Room.
4. Athletes are NOT permitted to remove any equipment, including hot packs or towels, from the Athletic Training Room.
5. Athletes must shower immediately prior to using the whirlpools and especially the Polar Plunge in the Bank of Kentucky Center.
6. Equipment in the Athletic Training Room may only be used as part of rehabilitation programs as determined by the Sports Medicine staff - Athletes are NOT permitted to use any of the equipment for general training or conditioning.
7. Student-athletes are NOT permitted to use telephones or computers within the Athletic Training Room without permission of a member of the Sports Medicine staff.
8. Pick-up after yourself - We are NOT your mother.

**ALBRIGHT HEALTH CENTER WEIGHT ROOM**

Student-athletes must adhere to the Albright Health Center weight room policies while using the facility. Student-athletes using the Albright Health Center facility must present their student ID card for admittance. You may not be admitted to the facility for free- this is an extra benefit. If you are using the facility as a team, a coach must be present during workouts.

Summer usage of the Albright Health Center is contingent upon being registered for summer classes. Students enrolled in summer classes may continue to use the health center free of charge. Students not enrolled in summer classes must pay the summer usage fee to use the facility.
THE BANK OF KENTUCKY CENTER WEIGHT ROOM

Strength and Conditioning Room expectations:

• Each student-athlete must attend an orientation with a member of the NKU sports medicine staff before using the facility.
• A locker room to change clothes, take a shower and store bags, jackets, extra clothes, shoes, etc. will be available. Please do not bring any valuables. The locker room is not secure.
• Bags are not permitted in the Strength and Conditioning Room. All personal items must be stored in the locker room.
• Respect the facility and equipment at all times. Please keep voices at a reasonable level – annoying conduct will not be tolerated. Never interfere with a person who is lifting.
• Wear proper attire. Specifically, shirts, sweats or shorts, and athletic shoes. Shoes and appropriate clothing must be worn at all times.
  o No street clothes
  o No open-toed shoes or jeans
• No food, gum, drinks, or cups will be permitted.
• No spitting or use of tobacco products is permitted.
• Water bottles and iPods/walkman headphones are permitted.
• Bring your own clean towel. Wipe down equipment after use with sanitizer spray bottles that are provided. Shirts and sweat shirts are not permitted to be used as a towel.
• Weights may not be removed from the room.
• Personal trainers not employed by Northern Kentucky University are unauthorized and not permitted.

Strength and Conditioning Room Safety Rules:

• Always warm-up thoroughly – never attempt bench presses, squats, dead lifts, or power lifts without appropriate warm-up.
• Never workout alone – spotters are required for squats, bench lifts and power lifts. The monitor will not be available to spot.
• Do not use the equipment without proper knowledge.
• Always use collars on the barbells.
• Do not hold your breath during an exercise.
• Use a weight lifting belt for bench lifts, squats, dead lifts, and power lifts.
• Do not drop weights.
• Always return your equipment to its proper place when finished. Equipment is not to be left on the machines or on the floor. Do not lean weights on machines, benches or walls.
• Report any strength and conditioning related injury or facility/equipment irregularity to Molly Hutson or your respective assigned athletic trainer.
• Cool down exercises should be done when you have completed your exercising.
AFRICAN-AMERICAN STUDENT AFFAIRS
Student Union 314
859-572-6684
www.nku.edu/~aasa/
The Office of African American Student Affairs and Ethnic Services is responsible for designing and implementing services and cultural programs to promote a diverse campus and support the satisfaction and success of African American students and students from other ethnic minorities. The Office works with individual students, student organizations, faculty, and staff to meet the needs of these students.

CAREER CENTER
University Center 230
859-572-5680
Fax: 859-572-6996
www.nku.edu/~cdc/
cdc@nku.edu
The Career Development Center offers an integrated program of career development services, including career counseling, career planning, Cooperative Education, employment assistance, and resume help. Most services are available free of charge to NKU students and NKU alumni. Assessment testing is offered for a fee to currently enrolled NKU students and NKU alumni. This department serves as the university liaison to many local corporations and organizations, including the on-site Fidelity Investments Customer Call Center. Cooperative Education (Co-Op), provides employment experiences that integrate classroom studies with paid, productive, real-life work experience in the related field. Through the NKU Co-op program, students can get the best of both worlds: a high quality academic degree and an impressive resume of practical work experience.

DISABILITY SERVICES CENTER
University Center 101
859-572-6373 Disability Services
859-572-5751 Intake Counselor
www.nku.edu/~disability/
NKU is an area leader in providing comprehensive programming and accommodation services to students with disabilities. Buildings and campus facilities are strategically located in a close geographical area providing easy accessibility for the disabled. A wide variety of disability services and support programs are available to students with special needs. Services and programs through the Office of Disability Services include: consultation for disability issues for faculty, staff, and students; disability verification; certification of reasonable academic accommodation for NKU; individual counseling and advising; advanced priority registration; disability education; interpreter service; liaison with outside agencies; Kurzweil 3000 and 1000 Reading Programs; and test proctoring. Students must register with the Office of Disability Services to receive academic accommodations at NKU. NKU also provides tutorial services, developmental classes, writing center, math lab, speech lab, and computer labs.

HEALTH, COUNSELING, AND PREVENTION SERVICES
University Center 300
859-572-5650
www.nku.edu/~hcp/
Health, Counseling and Prevention Services provides a variety of preventive and acute care services to promote the physical and mental health of students. Registered nurses and nurse practitioners provide treatment for acute illnesses or injuries. Limited medications are available, as well as free testing for hearing, vision, diabetes, blood pressure, and pregnancy. Bi-monthly reproductive health clinics provide free pap exams, STI and HIV testing, and birth control options to students. Mental health professionals provide assessment, diagnosis and treatment for a variety of crisis, adjustment, relationship, and general mental health issues. Individual, group and couples treatment options are available. Health, Counseling and Prevention Services staff are also available for educational programming addressing mental and physical health needs of students. Faculty and staff are encouraged to consult with the staff regarding specific student needs. Student health insurance may be purchased through Health, Counseling, and Prevention Services.

INTERNATIONAL STUDENT AFFAIRS
University Center 366
859-572-6517
Fax: 859-572-6178
isa@nku.edu
www.nku.edu/~isa/
The Office of International Student Affairs (ISA) serves all nonimmigrant and permanent resident students attending the University. The ISA Office handles the admissions and testing of all visa types and permanent residents, and orientation for F1 students. In addition to recruitment and admissions the office staff offers support for international students, and guides them in their relations within and outside the University community so that they can successfully achieve their academic goals. The ISA office is the responsible office for F-1 related immigration advice and procedures and provides academic advising and retention support for new international students.

**LATINO STUDENT AFFAIRS**
Student Union 313  
859-572-5821  
Fax: 859-572-6178  
www.nku.edu/~la

The Office of Latino Student Affairs coordinates academic, cultural and social activities with the Latino Student Union y Amigos, Literature and Language Department, African American Student Affairs, International Student Affairs and other organizations. The office also has a Mentor Program and a University 101 section for Latino students. It has developed strong partnerships with Latino organizations in Kentucky and Ohio. The Office of Latino Affairs serves as a consultant to businesses, K-12 educators and public service agencies, as a bilingual resource for NKU, and coordinates the Latino Community Outreach Advisory Council.

**PARKING**
Welcome Center Parking Garage  
859-572-5505  
Fax: 859-572-6994  
parkingservices@nku.edu  
http://access.nku.edu/dps/parking_services.htm

All students who operate and park a motor vehicle on the Highland Heights campus must properly display a current parking permit on their vehicle, and must be parked in a designed parking space. Students who indicate a motor vehicle when registering for classes will be allowed to purchase a permit. The permit fee will be shown on the student’s invoice and will be paid along with other registration fees. The parking permit will be mailed to the student’s permanent mailing address within two weeks. Please ensure that your permanent address listed with the University is correct. If your parking permit is lost or stolen, you must report the loss or theft of the permit to the University Police Department immediately after becoming aware of the loss or theft. A replacement permit may be obtained for a fee of $20 in the Fall Semester or $10 after January 1.

**STUDENT FINANCIAL ASSISTANCE**
Lucas Administrative Center 416  
859-572-5143 or Toll Free 1-888-225-4499  
Fax: 859-572-6997  
ofa@nku.edu  
www.nku.edu/~ofa/

The Office of Student Financial Assistance is committed to helping the many students who are finding it increasingly difficult to afford a college education without some financial help. Northern Kentucky University participates in a variety of programs designed to assist students in need of financial aid to meet tuition and living expenses. The Office of Student Financial Assistance is responsible for administering and coordinating these assistance programs.

**STUDENT SUPPORT SERVICES**
University Center 120  
859-572-5138  
Fax: 859-572-5336  
sss@nku.edu  
www.nku.edu/~sss/

Student Support Services (SSS), a federal TRIO program funded through the US Department of Education is designed to increase the academic performance, retention rates, and graduation rates of student participants. Annually, it serves over 230 students who demonstrate a need for academic support and meet program eligibility requirements (based on family income, first-generation college status, or disability). SSS offers academic advising, instructional classes, career/major counseling, personal support, super priority registration, technology access and training, academic support programs, Supplemental Instruction, financial aid counseling and assistance, mid-term progress reports, and social/cultural activities. Applications are available by contacting the office or visiting its website.
APPENDIX A – NKU SANCTION GUIDELINES

For further information, please review the Code of Student Rights and Responsibilities on the Dean of Students website at www.nku.edu/~deanstudents.

Penalties for violation of the hazing policy shall include but are not limited to:

1. Student violators will be subject to possible suspension or expulsion from the University or other appropriate disciplinary action in accordance with the Code of Student Rights and Responsibilities.

2. Faculty and staff violators will be subject to possible loss of employment or other appropriate disciplinary action in accordance with the Faculty Policies and Procedures Handbook, Salmon P. Chase College of Law Faculty Handbook, Handbook for Department Chairpersons, and Personnel Policy and Procedures Manual.

3. Faculty, staff or student organizations that authorize or contribute to actions that violate this policy shall lose University authorization to operate on campus property. Officers of such organizations may be held individually responsible for the actions of their organizations.

4. Visitors, licensees, and invitees to Northern Kentucky University who violate this policy will be removed from University property and may be subject to prosecution.

Sanction Guidelines

If a student or student organization is found responsible for a violation of the Code, the Code Officer will determine the sanction(s) to be imposed. The following sanction guidelines are intended to be a recommended format for the Code Officer. However, the Code Officer may choose to deviate from these guidelines.

The Code Officer may not impose sanctions or hold disciplinary meetings with accused students or student organizations when the alleged offense may reasonably warrant a suspension or expulsion from the University. These cases will be directed to the Dean of Students Office for adjudication.

The following sanctions may not always be imposed in a sequential manner, but will be imposed as deemed appropriate by the Code Officer:

A. Disciplinary warning: An official written notification that the student or student organization’s behavior is in violation of university regulations or standards, and clarifies expected behavior for the future. Further misconduct may be treated with more serious sanctions.

B. Disciplinary probation: Probation allows the student to remain enrolled and be an active member of the University, however, it places a severe warning that if the student has one more violation of the Code, regardless of the severity of the violation, that the student may be suspended or expelled. The Code Officer will determine the time frame of the probation. Probation under the Code results in the loss of “good standing” by the student during the term of the probation.

C. Student organization probation: Probation allows the organization to remain registered with the university, however, it places a severe warning that if the student organization has one more violation of the Code, regardless of the severity of the violation, that the organization may be suspended or expelled. The Code Officer will determine the time frame and specific nature of the probation. Probation under the Code results in the loss of “good standing” by the student organization during the term of the probation.

D. Loss of privileges: including but not limited to visitation rights in the residence hall, use of facilities, restrictions from specific university areas, participation in student organizations and activities, or relocation from a building such as a residence hall or recreation center. The time frame for the imposed loss of privilege(s) will be determined by the Code Officer.

E. Educational/Developmental activity: Requirement of participation in an educational or developmental activity which may include but is not limited to mandatory counseling, mandatory attendance at a workshop for alcohol, drug, or anger management, writing an essay, letter of apology, organizing an activity on campus, or attending a specific class.

F. Restitution for damages: Reimbursement for damages caused by the student or student organization’s actions to the University and/or individuals.

G. University service: Service to the University for a specific amount of hours to be served within a specified time frame.

H. Restriction: A restriction upon a student or student organization’s privileges for a minimum of one semester. This restriction may include, for example, denial of the right to represent the university in any way, denial of the use of facilities, denial of parking privileges, denial of participation in extracurricular activities, or restriction of organizational privileges.

I. Housing transfer: The individual is transferred to another room or housing unit.

J. Fines: When deemed appropriate, levy fines payable to the University may be imposed. There are specific fines outlined in the University Housing Handbook that may be imposed on students living in or visiting a residence hall.

K. No Contact Order: The student or organization is ordered to have no contact with a selected person or persons: in person, by telephone or through an intermediary, or in any other way, directly or indirectly. Indirectly means the student or organization can not beep, write letters, contact a person’s work, use a third party to send them messages, etc.

L. Community service: Assignment of a public service project to be completed in a specific time frame.
M. Restriction of access (Criminal Trespass): restriction from a designated portion of University property, which may be imposed on a permanent basis or for an established period of time.

N. Housing Eviction: Eviction from University housing permanently or for an established period of time but remains enrolled in the University. The student will be financially obligated according to the terms presented in the Housing Contract and must complete a proper checkout from University Housing or be subject to additional charges.

The following sanctions may only be imposed by the Dean of Students. The Dean of Students or his or her designee will always hear these cases.

A. Suspension from the University for a minimum of one semester (fall or spring) following the semester in which the violation occurred. The student may not enroll in courses or be an active member of the University due to a violation of the Code of Student Rights and Responsibilities. After the suspension is served a student may apply for reenrollment. The suspension will remain a permanent record within the Dean of Students office.

B. Suspension of an organization from the University for a minimum of one semester (fall or spring) following the semester in which the violation occurred. The organization will lose its privileges as a registered student organization and can no longer be an active participant in the University for the entire duration of suspension. After the suspension is served an organization may reapply for registered status. The suspension will remain a permanent record within the Dean of Students office.

C. Suspension in Abeyance: Although the behavior may warrant suspension or expulsion from the university, due to extenuating circumstances, the Dean of Students may choose to hold the student or organization’s suspension in abeyance for a specified period of time. When a suspension is held in abeyance, the student or organization may remain at the University provided they observe the conduct regulations at all times and comply with all educational sanctions. Any further violation of the Code would immediately result in Suspension or Expulsion.

D. Expulsion entails a permanent separation from the University. The imposition of this sanction is a permanent bar to the student’s readmission to the University.

E. Expulsion of an organization entails a permanent separation from the University. The imposition of this sanction is a permanent bar to the organization’s registration and privileges.

If a student is suspended or expelled from the University, he/she will not be eligible for reimbursement of funds. If the student receives financial aid, the reimbursement amount will be established based on the institutional refund policy outlined in each academic year catalog (http://access.nku.edu/catalog).
APPENDIX B – NKU APPEALS PROCEDURE

For further information, please review the Code of Student Rights and Responsibilities on the Dean of Students website at www.nku.edu/~deanstudents

Appeal Procedures

Students or student organizations may file a written appeal, based on the approved “grounds for appeal” (section VI. L.), to the Code Officer’s supervisor. The appeal must be submitted to the supervisor within ten (10) working days from the student’s receipt of the Code Officer’s decision. (For appeal of cheating or plagiarism, see the Student Honor Code, section VIII).

The supervisor or his/her designee’s (hereafter referred to as the Appeal officer) decision will be based on the information contained in the file. He or she is not required to hear additional evidence or information, whether written or oral, unless the appeal is based on new information that was not available at the time of the initial disciplinary meeting. An appeal is not simply a rehearing of the case. If the appeal is based on new information that could reasonably change the outcome of the hearing or the imposed sanction, the Appeal officer may send the entire case back to the Code Officer for a rehearing of the case. The Appeal officer will notify the student of his or her decision in writing within ten (10) working days of receipt of the disciplinary file and appeal letter. The Appeal Officer’s decision shall be final and binding unless the recommended discipline is expulsion or suspension, in which case appeal may be taken according to Section VI. M. When the Dean of Students is acting as the original Code Officer, the Appeal Officer shall be the Vice President of Student Affairs or his or her designee and their decision shall be final and binding unless the recommended discipline is expulsion or suspension, in which case appeal may be taken according to Section VI. M.

VII. Grounds for Appeals

In order for any appeal to be considered, the student must submit all necessary documentation, including written arguments when appropriate, to the Dean of Student’s office within ten (10) working days of receipt of notice of sanctions. An appeal is not simply a rehearing of the original case, but a review of the official record and the written statement of appeal provided by the student. An appeal must meet one or more of the following grounds to be considered:

1. An administrative meeting was not afforded, including notice of the alleged violation, and an opportunity to present evidence and other information;
2. A sanction was not appropriate to the violation, and/or the sanctions were arbitrary or capricious;
3. A finding was not supported by evidence, and/or
4. Significant information is shown on appeal that was not available at the time of the administrative meeting, could not have been obtained for the presentation during the meeting by the student’s exercise of reasonable diligence, and materially affects the finding of a violation or the impression of consequences.

VIII. Appeals for Cases of Suspension or Expulsion - Student

All sanctions of suspension or expulsion from the University may be appealed to the Vice President of Student Affairs. Appeals must be submitted to the Dean of Student’s office within ten (10) working days of receipt of the suspension or expulsion. An appeal is not simply a rehearing of the original case, but a review of the official record and a written statement provided by the student or organization. The Vice President of Student Affairs reserves the right to have an appeal panel hear the case.

A. First Appeal – Vice President of Student Affairs

The appeal will be forwarded by the Dean of Students to the office of the Vice President of Student Affairs. The Vice President will review the file and determine whether to approve, reject, or modify an earlier decision or the consequences recommended or imposed within ten (10) working days of receipt of the appeal unless extenuating circumstances apply.

B. First Appeal - Appeal Panel

The University Appeal Panel shall consist of three members of the University: one faculty member, one staff member, and one student member. Panel members shall be appointed by the Vice President of Student Affairs. The Dean of Students will provide training to the panel. An appeal panel will normally be convened within twenty (20) working days following notification from the Dean of Students. The Panel shall review the file and recommend to the Vice President of Student Affairs whether to approve, reject, or modify an earlier decision or the consequences recommended or imposed. A majority vote will be required to sustain a violation. The Vice President will inform the Dean of Students of his/her decision in writing, and provide these findings and sanctions to the student in writing within ten (10) working days. The Dean of Students shall implement the decision of the Vice President.

C. Second Appeal

If the student is dissatisfied with the decision of the Vice President of Student Affairs, he or she may appeal to the President of the University by submitting a written statement of appeal to the Dean of Students office within ten (10) working days after receipt of the Vice President’s decision. The President will review the file and determine whether to approve, reject, or modify an earlier decision or the consequences recommended or imposed. The President will inform the Dean of Students of his/her decision in writing, and provide these findings and sanctions to the student in writing within ten (10) working days. The Dean of Students shall implement the decision of the President.
D. Final Appeal

If the student is dissatisfied with the decision of the President, he/she may appeal to the Board of Regents by submitting a written statement of appeal to the Dean of Students office within ten (10) working days after receipt of the President’s decision. The Board will review the file and determine whether to approve, reject, or modify an earlier decision or the consequences recommended or imposed. The decision of the Board of Regents will be final and the sanction(s) imposed will stand. The Board will inform the Dean of Students of their decision in writing, and provide these findings and sanctions to the student in writing within ten (10) working days. The Dean of Students shall implement the decision of the Board.

Decisions on appeal to the President or the Board of Regents will be based upon the information contained in the file. The President and the Board are not required to hear additional evidence or information, whether oral or written. If the appeal is based on newly discovered information, the case shall be remanded to the Dean of Students or his/her designee for reconsideration. A decision shall be made within ten (10) working days after the documentation was received, or may be postponed for good cause.

IX. Appeals for Cases of Suspension or Expulsion - Organizations

All sanctions of suspension or expulsion from the University may be appealed to the Vice President of Student Affairs. Appeals must be submitted to the Dean of Student's office within ten (10) working days of the receipt of the suspension or expulsion. An appeal is not simply a rehearing of the original case, but a review of the official record and a written statement provided by the student or organization. The Vice President of Student Affairs reserves the right to have an appeal panel hear the case. The decision of the Vice President is final and binding.

A. Vice President of Student Affairs

The appeal will be forwarded by the Dean of Students to the office of the Vice President of Student Affairs. The Vice President will review the file and determine whether to approve, reject, or modify an earlier decision or the consequences recommended or imposed within ten (10) working days of receipt of the appeal unless extenuating circumstances apply.

B. Appeal Panel

The University Appeal Panel shall consist of three members of the University: one faculty member, one staff member, and one student member. Panel members shall be appointed by the Vice President of Student Affairs. The Dean of Students will provide training to the panel. An appeal panel will normally be convened within twenty (20) working days following notification from the Dean of Students. The Panel shall review the file and recommend to the Vice President of Student Affairs whether to approve, reject, or modify an earlier decision or the consequences recommended or imposed. A majority vote will be required to sustain a violation. The Vice President will inform the Dean of Students of his or her decision in writing, and provide these findings and sanctions to the student in writing within ten (10) working days. The Dean of Students shall implement the decision of the Vice President.
APPENDIX C – ATHLETIC DEPARTMENT WAIVERS AND APPEALS

A. Waivers of Athletic Council Policies for Student-Athletes

1. Student-athletes may petition the Athletic Council for a waiver of any Athletic Council policy affecting their eligibility to participate in intercollegiate athletics.

2. Student-athletes shall petition in writing, stating the reason for the request. The petition shall be sent to the Athletic Council Chair.

3. Upon receipt of a petition the Athletic Council Chair shall call an Executive Committee meeting to examine the reasons for petition.

4. The Chairperson of the Athletic Council may invite the student-athlete to appear in person in order to gain additional information.

5. The Executive Committee shall make a judgment upon the student request, and the decision of the Executive Committee is final. The final decision shall be communicated in writing to those affected.

B. Reduction or Non-Renewal of Athletics Aid

1. A student-athlete should consult with his or her respective head coach so that he or she understands the team’s athletic aid and academic eligibility criteria.

2. If a student-athlete is academically ineligible at the end of a semester, his or her athletic aid may be removed.

3. Each student-athlete receiving athletics aid the previous academic year and who has eligibility remaining will be notified in writing on or before July 1 whether the athletic aid has been renewed or not renewed for the ensuing academic year.

4. If a student-athlete’s athletics aid is not renewed and the student-athlete feels that the non-renewal is unfair or unjustified, the student-athlete has a right to request a hearing. To make this request, the student-athlete should contact the Director of the Office of Student Financial Assistance.

C. Appeals Regarding Other Intercollegiate Athletics Issues

Procedures for appeals of matters pertaining to the renewal of financial aid or to the Department of Intercollegiate Athletics Health, Alcohol and Drug Education & Assistance Program are prescribed in other Northern Kentucky University Athletics program policies.

Coaches are expected to provide the opportunity and time for a student-athlete to discuss a coach’s decision that affects a student-athlete’s participation in the intercollegiate athletics program. Every attempt should be made to resolve disagreements. If a disagreement cannot be resolved, the student-athlete may appeal the decision in writing to the Athletics Director. The student-athlete has the right to a hearing with the Athletics Director. This procedure should be accomplished within 14 calendar days from the student-athlete’s meeting with the head coach.

In the event there is a disagreement on a decision that cannot be deferred until a hearing is held, the decision of the head coach shall stand until such a time as a hearing can be arranged.

If a student-athlete is not satisfied with the results of the appeal to the coach and Athletics Director, the student-athlete may appeal to the Chair of the Athletics Council, Dr. Joan Ferrante. The guidelines are as follows:

1. Appeals of all other decisions within the Department of Intercollegiate Athletics that affect a student-athlete’s or sport team or program participation in intercollegiate athletics are to be brought to the Athletic Council.

2. The appeal must be made in writing to the chair of the Athletic Council within fourteen calendar days after exhausting any prescribed appeals within Intercollegiate Athletics.

3. The Executive Committee of the Athletic Council, augmented by one student appointed by the chair, will serve as the hearing committee for the appeal.

4. The appeal will adhere to the following procedure:
   a. The appeal letter must include a summary of any meetings about the decision with personnel in Intercollegiate Athletics.
   b. The hearing committee will collect evidence by research and interview. Insofar as possible, all parties directly involved in the appeal will cooperate by honoring the committee’s requests for information. Both the student-athlete and personnel in Intercollegiate Athletics will have the right to defend their positions.
   c. The hearing committee will have the opportunity to review other relevant information, including information from the public authorities, court records, law enforcement officers, University officers and agencies, and other persons.
   d. At the hearing, the student-athlete will be given the opportunity to make an oral and written statement about the circumstances and why he or she feels reinstatement is warranted. The student-athlete may be accompanied by a personal advisor. This advisor must be a member of the University community (e.g. student, faculty, or staff), may play no other role in the hearing (e.g. as witness), and may neither speak nor otherwise represent their advisees in the hearing.
e. All information regarding the appeal and the committee deliberations must be held in strict confidence.

f. The hearing committee will review the appeal, render and decision, and send notification of this determination to the student-athlete, Athletics Director, and other directly affected personnel in Intercollegiate Athletics.

g. If the student-athlete, Athletics Director or other directly affected Athletics personnel is not satisfied with the hearing committee’s determination, he or she may appeal the case to the Vice President for Student Affairs. The appeal must be in writing and submitted to the Vice President for Student Affairs within five working days of the date of notification of the hearing committee’s determination. The entire file of the case must be forwarded to the Vice President for Student Affairs’ office at the time the appeal is made.

h. The Vice President for Student Affairs determination will be final and will be based upon the evidence that which was presented to the appeals panel either oral or written.

i. The Vice President for Student Affairs will notify those persons involved of the determination.
APPENDIX D – 2008-09 NCAA BANNED DRUG LIST

The NCAA list of banned-drug classes is subject to change by the NCAA Executive Committee. Contact NCAA education services or www.ncaa.org/health-safety for the current list. The term "related compounds" comprises substances that are included in the class by their pharmacological action and/or chemical structure.

No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example.

Many nutritional/dietary supplements contain NCAA banned substances. In addition, the U.S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore purity and safety of nutritional dietary supplements cannot be guaranteed. Impure supplements may lead to a positive NCAA drug test. The use of supplements is at the student-athlete’s own risk. Student-athletes should contact their institution’s team physician or athletic trainer for further information.

Banned Drugs

The following is a list of banned-drug classes, with examples of substances under each class:

(a) Stimulants: mephedonеinoxymethamphetamine
amphetaminе methylphenidate
bromantlanе pemoline
caffeine (guaranе) pemoline
cocaine phentermine
croscamphor phentermine
fencamframine and related compounds
pemoline.
ma huanу synephrine (citrus aurantium,
ethaminian zhi shi, bitter orange)
ephedrine phenylephrine
meclofenoxate and related compounds.
methamphetamine phenylephrine
(anabolic steroids
and related compounds.

(b) Anabolic Agents: methyldihydrotestosterone
androstenol dihydrotestosterone and related compounds
androstenedione methyltestosterone
boldenone nandrolone
clotolon norandrostenolone
dihydrotestosterone oxandrolone
dihydrotestosterone testosterone2
(dehydro)epiandrosterone oxymesterone
oxandrolone
epitrenbolone oxymetholone
fluoxymesterone and related compounds
fnetrometinone other anabolic agents
methandienone clenbuterol
methandienone dehydrochlorotestosterone
methanthiolone clenbuterol
methoxysterone trenbolone
mesterolone and related compounds

(c) Substances Banned for Specific Sports:
Rifе:
alcohol pindolol
alenotrol propranolol
metoprolol timolol
nadolol and related compounds

(d) Diuretics and other Urine Manipulators:
aacetazolamide hydrochlorothiazide
benzflumethiazide hydroflumethiazide
benzthiazide methyclothiazide
bucatame loxazone
chlorothiazide polychloride
clorhidalene probendicid
ethacrynic acid spironolactone
fibrastemide probenectid
flumethiazide triamterene
fursecide trichlormethazide

(e) Street Drugs:
heroin tetrahydrocannabinol
heroin2 marijuana2 (THC)2

(f) Peptide Hormones and Analogues:
corticotrophic (ACTH)
growth hormone (hGH, somatotrophin)
human chorionic gonadotrophin (hCG)
insulin like growth factor (IGF-1)
luteinizing hormone (LH)
(all the respective releasing factors of the above-mentioned substances also are banned.)
eythropoietin (EPO) erythropoietin (EPO)
sermorelin derbopeotin
darbopeotin

(g) Anti-Estrogens
anastrozole clomiphene
tamoxifen and related compounds

(h) Definitions of positive depends on the following:
1 for caffeine—if the concentration in urine exceeds 15 micrograms/ml.
2 for testosterone – an adverse analytical finding (positive result) based on any reliable analytical method (e.g., IRMS, GCMS, CIR) which shows that the testosterone is of exogenous origin, or if the ratio of the total concentration of testosterone to that of epitestosterone in the urine is greater than 6:1, unless there is evidence that this ratio is due to a physiological or pathological condition.
3 for marijuana and THC—if the concentration in the urine of THC metabolite exceeds 15 nanograms/ml.

31.2.3.4.1 Drugs and Procedures Subject to Restrictions.
The use of the following drugs and/or procedures is subject to certain restrictions and may or may not be permissible, depending on limitations expressed in these guidelines and/or quantities of these substances used: (Revised: 8/15/89)

(a) Blood Doping. The practice of blood doping (the intravenous injection of whole blood, packed red blood cells or blood substitutes) is prohibited, and any evidence confirming use will be cause for action consistent with that taken for a positive drug test. (Revised: 8/15/89, 5/4/92)

(b) Local Anesthetics. The Executive Committee will permit the limited use of local anesthetics under the following conditions:
1 That procaine, xylcaine, carbocaine or any other local anesthetic may be used, but not cocaine; (Revised: 12/8/89, 5/6/93)
2 That use is medically justified only when permitting the athlete to continue the competition without potential risk to his or her health.

(c) Manipulation of Urine Samples. The Executive Committee bans the use of substances and methods that alter the integrity and/or validity of urine samples provided during NCAA drug testing. Examples of banned methods are catheterization, urine substitution and/or tampering or modification of renal excretion by the use of diuretics, probenecid, bromantlanе or related compounds, and epitestosterone administration. (Revised: 8/15/89, 6/17/92, 7/22/97)

(d) Beta 2 Agonists. The use of beta 2 agonists is permitted by inhalation only. (Adopted: 8/13/93)

(e) Additional Analysis. Drug screening for select nonbanned substances may be conducted for nonpunitive purposes. (Revised: 8/15/89)

SOURCE: www.ncaa.org

This list was accurate as of June 2, 2008. If you have any questions about a substance you are taking please contact the NCAA.
APPENDIX E - GLVC PLEDGE OF SPORTSMANSHIP

As a Great Lakes Valley Conference student-athlete, I understand that the use of inappropriate language, taunting, baiting, or the use of unwarranted physical contact, directed at opposing players, coaches, or fans are contrary to the spirit of fair play and the sportsmanship the conference expects of its members.

I understand that any unsportsmanlike action during the course of the contest may result in an immediate penalty assessed to me or my team. Furthermore, I understand that game officials have been instructed that they may assess such penalties without prior warning. In signing this form, I pledge my efforts to promote GLVC sportsmanship policies.

__________________________  
Print Name

__________________________  
Signature

__________________________  
Date
Flow Chart for Responding to Pregnancy in a Student Athlete at Northern Kentucky University

1. Pregnancy Test Positive
   - Athlete informs coach/athletic trainer-policy reviewed with student athlete and athlete referred to healthcare provider/counselor
   - Support team forms: Athletic Department Coach, Athletic Trainer, Obstetrician, Team Physician, Family/partner, Religious Advisor, Psychologist. Not necessary to all meet, must communicate
   - Student Athlete continues pregnancy
   - Support team decides on and monitors athletic participation
   - Prenatal Care, Daycare, Parenting, Academic Progress

2. Student Athlete suspects pregnancy. Sexually active and missed menses
   - Athlete seen by healthcare provider-encouraged to inform coach and athletic department
   - Spontaneous miscarriage 10-15% of pregnancies
   - Delivery of baby
   - 2-4 weeks post-pregnancy resumes athletic training or until medically cleared
   - 6-8 weeks postpartum resumes athletic training or until medically cleared

3. Pregnancy Test Negative
   - Return to Athletics

4. Student Athlete terminates pregnancy
   - 2-4 weeks post-pregnancy resumes athletic training or until medically cleared
   - Return to Athletics
APPENDIX G – EATING DISORDER POLICY

INTRODUCTION AND PHILOSOPHY

The Department of Athletics at the Northern Kentucky University supports the development of healthy and responsible lifestyles for NKU student-athletes, with the goal of long-term enrichment and enhancement of their lives. NKU also recognizes there are behaviors that threaten a healthy lifestyle including disordered eating. NKU knows that the origin of eating disorders reflect the interaction of biological, psychological, and sociological factors in the development of eating disorders. Due to the nature of college athletics, student-athletes in particular are at an increased risk of developing or sustaining patterns of disordered eating.

Depending on the extent of the disorder and the length of time the individual has engaged in such behaviors, the effects of disordered eating can range from mild to severe. Medically, there is a potential for serious consequences in every system of the body. Disordered eating can have short-term and long-term health consequences. Eating disorders are often associated with low self-esteem, obsessive thinking, and feelings of isolation. Psychologically, individuals with an eating disorder have an increased risk of depression and suicide. Recovery from eating disorders can be a difficult process that takes time. In general, the greater the duration and frequency of disordered eating, the longer it will take for recovery to occur. There is NOT substantial evidence linking thinness to superior performance. Body weight and composition is only one factor contributing to athletic performance.

DEFINITIONS OF EATING DISORDERS

The following definitions are based on the criteria in the Diagnostic and Statistical Manual of Mental Disorders-Fourth Edition (DSM-IV):

• **Anorexia Nervosa**
  - Refusal to maintain body weight at or above a minimally normal weight for age and height (e.g., weight loss leading to maintenance of body weight less than 85% of that expected; or failure to make expected weight gain during period of growth, leading to body weight less than 85% of that expected).
  - Intense fear of gaining weight or becoming fat, even though underweight
  - Disturbance in the way in which one’s body weight or shape is experienced, undue influence of body weight or shape on self-evaluation, or denial of the seriousness of the current low body weight.
  - In postmenarcheal females, amenorrhea, i.e., the absence of at least three consecutive menstrual cycles.

• **Bulimia Nervosa**
  - Recurrent episodes of binge eating. An episode of binge eating is characterized by both of the following:
    - Eating, in a discrete period of time (e.g., within any 2-hour period), an amount of food that is definitely larger than most people would eat during a similar period of time and under similar circumstances.
    - A sense of lack of control over eating during the episode (e.g., a feeling that one cannot stop eating or control what or how much one is eating.)
  - Recurrent inappropriate compensatory behavior in order to prevent weight gain, such as self-induced vomiting; misuse of laxatives, diuretics, enemas, or other medications; fasting; or excessive exercise.
  - The binge eating and inappropriate compensatory behaviors both occur, on average, at least twice a week for 3 months.
  - Self-evaluation is unduly influenced by body shape and weight.
  - The disturbance does not occur exclusively during episodes of Anorexia Nervosa.

• **Eating Disorder Not Otherwise Specified (NOS)**- This category is for disorders of eating that do not meet the criteria for any specific Eating Disorder.
  - Examples include:
    - For females, all of the criteria for Anorexia Nervosa are met except that the individual has regular menses.
    - All of the criteria for Anorexia Nervosa are met except that, despite significant weight loss, the individual’s current weight is in the normal range.
    - All of the criteria for Bulimia Nervosa are met except that the binge eating and inappropriate compensatory mechanisms occur at a frequency of less than twice a week or for a duration of less than 3 months.
    - The regular use of inappropriate compensatory behavior by an individual or normal body weight after eating small amounts of food (e.g., self-induced vomiting after the consumption of two cookies).
BEHAVIORAL AND PHYSICAL SIGNS OF AN EATING DISORDER

The following list may serve only as a guideline for the recognition of disordered eating behaviors. Any one symptom alone may not indicate an eating disorder. Careful observation and awareness of a student-athlete’s behavior will guide identification of an eating problem.

- **Anorexia Nervosa**
  - Behavioral Signs:
    - Reports feeling “fat/heavy” despite low body weight
    - Obsessions about weight, diet, or appearance
    - Ritualistic eating behaviors
    - Avoiding social eating situations, social withdrawal
    - Obsession with exercise; hyperactivity- may increase workouts secretly
    - Feeling Cold
    - Perfectionism followed by self-criticism
    - Seems anxious/depressed about performance and other events
    - Denial of unhealthy eating pattern- anger when confronted with problem
    - Eventual decline in physical and school performance
  - Physical Signs:
    - Amenorrhea (Lack of Menstrual Periods)
    - Dehydration (Not related to Workout-Competition)
    - Fatigue (Beyond Expected)
    - Weakness, Dizziness
    - Overuse injuries, Stress Fractures
    - Gastrointestinal Problems
    - Lanugo (Fine hair on arms and face)
    - Hypotension (Low Blood Pressure)

- **Bulimia Nervosa**
  - Behavioral Signs:
    - Excessive exercise beyond scheduled practice
    - Extremely self-critical
    - Depression and mood fluctuations
    - Irregular weight loss/gain; rapid fluctuations in weight
    - Erratic performance
    - Low Self-Esteem
    - Drug or Alcohol Abuses
    - Binges or eats large meals, then disappears
  - Physical Signs:
    - Callous on knuckles
    - Dental and Gum Problems (Bad Breath)
    - Red Puffy Eyes
    - Swollen Parotid Glands (At the base of the Jaw)
    - Edema (Bloating)
    - Frequent sore throats
    - Low or average weight despite eating large amounts of food
    - Electrolyte abnormalities
    - Diarrhea, alternating with constipation
    - Dry mouth, cracked lips
    - Muscle cramps/Weakness
GOALS OF THE PROGRAM

1) To implement an effective multidisciplinary approach to the prevention, identification, and treatment of eating disorders. The NKU Eating Disorder team will consist of the following medical providers and athletic staff:

- James Bilbo, MD  NKU Team Physician
- Molly Hutson, ATC  Associate Athletic Director of Sports Medicine
- Dawn Weatherwax  Registered Dietician
- Marc Toennis  Clinical Psychologist
- Jane Meier  NKU Athletic Director
- Kathy Stewart  NKU Senior Women’s Administrator
- Authorized Counselors  Variable Per Case from Health, Counseling and Prevention Services
- Authorized Personnel  Variable per Case from Student-Athletes personal Medical Team

The NKU Team Physician, the NKU Associate Athletic Director of Sports Medicine, the Registered Dietician and/or Psychologist/Counselor will oversee the student-athlete’s compliance with regards to medical treatment, if necessary. Other physicians and/or medical providers may be consulted to assist the team or the student-athlete with the treatment, prevention, and identification of the eating disorder. However, the NKU Team Physician in conjunction with NKU Athletic and Sports Medicine Department will have the final decision with regards to athletic participation.

When necessary and/or appropriate, the NKU Director of University Health Services could be a part of the Eating Disorder treatment team as well. Medical referral outside of the university will also be made available by a social worker or a psychologist to those student-athletes that need it.

2) To properly diagnose and provide medical treatment plans for student-athletes struggling with eating disorders or body image issues.

3) To provide medical, nutritional, and/or psychological services to the student-athlete while respecting his or her medical privacy.

4) To ensure and to make clear to all parties concerned that the NKU Sports Medicine Department and its designated agents shall act in the best interest and personal safety of the student-athlete.

PREVENTION AND EDUCATION

Intervention Protocol for student-athletes who have a potential problem with an Eating Disorder

The Associate Athletic Director of Sports Medicine and the team head coach will arrange to meet with the student-athlete to discuss the concerns raised regarding his/her disordered eating behavior. Based upon the objective information collected in the meeting, the following steps may be taken:

1) The student-athlete will be medically referred to Health, Counseling and Prevention Services at NKU and the NKU Team Physician for further objective findings and to determine suitable action. Facilitation of possible counseling and nutritional referral may be consulted and will be coordinated through these medical providers. All medical referrals made by the NKU Sports Medicine Department will possess written consent from the student-athlete for release of pertinent information.

2) The NKU student-athlete, counselor, and/or NKU Team Physician will determine the athletic participation status of the student-athlete via telephone or email and in writing. Return to athletic participation will be determined by these aforementioned medical providers with input from the head coach.

3) The Associate Athletic Director of Sports Medicine will communicate with the coaching staff, team members, etc. to assist the student-athlete in dealing with this issue.

4) If a student-athlete has not been medically cleared or if further intervention is necessary, an Eating Disorder team or panel may be assembled to develop a formal healthcare plan and written compliance contract with the student-athlete. The team may consist of the following members:

- Student-Athlete
- Student-Athlete’s Chosen Representative
- NKU Associate Athletic Director of Sports Medicine
- NKU Athletic Director, Associate AD for Administration, Assistant AD for Compliance and Student-Athlete Services and Senior Women’s Administrator
- NKU Team Physician or other medical professional
- NKU Counselor from Health, Counseling and Prevention Services
- Head Coach

5) The healthcare plan and compliance contract developed by this team will include a process for determining the student-athlete’s compliance with the contract and the consequences of non-compliance.

6) The student-athlete may or may not be cleared for athletic participation following review from the Eating Disorder team.

Approaching a student-athlete about disordered eating

1) A coach or staff member who has the best rapport with the student-athlete should arrange a private meeting with a sports medicine staff member.
2) In a calm and respectful manner, indicate to the student-athlete what specific observations were made that aroused concerns. Give the student-athlete time to respond.
   a. Use “I” statements. (I’m concerned about you because you refuse to eat breakfast or lunch. It worries me to hear you vomiting.)
   b. Avoid “You” statements and discussions about weight or appearance. (You are too thin and you have to eat! You’re out of control.)
   c. Avoid giving simple solutions. (If you’d just eat more, everything would be fine!)
   d. Affirm that the student-athlete’s role on the team will not be jeopardized by an admission that a problem exists.
3) The student-athlete’s reaction may be one of denial or perhaps hostility. Firmly encourage the student-athlete to meet with a professional for an assessment, acknowledging that outside help is often necessary for eating problems and is not a sign of weakness.

Guidelines for Coaches and Athletic Staff for an Eating Disorders or Disordered Eating

1) If a coach wants a student-athlete to modify his or her diet, the coach will discuss the situation with the Associate Athletic Director of Sports Medicine. The athletic trainer will work closely with the medical staff (Team Physician & Registered Dietician) and will help the student-athlete to utilize these resources.
2) Coaches who are concerned about the weight or body composition of any athlete must contact his/her athletic trainer regarding this issue. Coaches may not approach the student-athlete about weight or body composition without the presence of the Associate Athletic Director.
3) Coaches will not weigh student-athletes in group settings. Body weight/composition is private information. Weight charts will be kept confidential and monitored by the sports medicine staff. Weight charts will not be posted at any time.

**Pre-season weight monitoring during two-a-days for both Men’s and Women’s Soccer teams in the Fall season are the exception to this rule so proper monitoring of hydration status of the student-athlete participating in these sports are noted and the welfare and medical safety of the student-athlete is ensured and not compromised.**

4) If a member of the NKU Coaching or Athletics Staff has a concern, or if an individual(s) express concern to a NKU Athletic Staff member that a student-athlete may have a potential eating disorder or body image issue, these aforementioned concerns should be reported directly to the Associate Athletic Director of Sports Medicine. All medical referrals will be coordinated through the Sports Medicine Department only.
5) Only medical personnel, including athletic trainers or approved specialists (as determined by the staff athletic trainer) may weigh athletes, set weight goals, measure body composition, or interact with student-athletes in any manner about body composition or body weight. The athletic trainer will communicate with the coach on matters of concern.
6) Coaches or athletic department personnel need to be careful when commenting to a student-athlete about his/her weight regardless if there appears a positive or negative change in their opinion. In addition, athletic department personnel should try not, at any time, make joking comments regarding a student-athlete’s weight or body composition even if such a comment is meant to be harmless.
7) Coaches, athletic trainers, and athletic department personnel should emphasize the role of proper nutrition in optimizing athletic performance. They should not stress the impact of lower weight on performance. The emphasis should be on the student-athletes fitness level and performance not how much they weight. The student-athlete needs to understand what being a collegiate athlete means and being able to function at that level.

Parental Involvement

The NKU Athletic Department reserves the right to inform parent(s)/guardian(s) of student-athletes who are suspended from athletic participation due to any health related or medically related injury and/or illness. With regards to this medical issue, the Athletic Director will be the athletic representative to inform the parent(s)/guardian(s). Medical referrals to counseling and medical treatment will be coordinated with the student-athlete’s primary medical insurance. The medical privacy with regard to the student-athlete is determined and established by the authorization filed with the parents or guardians’ group health plan. This would control the medical claims information transfer related to any therapy or counseling sessions for the student-athlete.

Any bills or medical claims for therapy and counseling sessions will be billed to the student-athlete’s primary insurance. If the student-athlete’s insurance does not cover all bills or medical claims for therapy and counseling sessions, the Athletic Department may pay in full for all counseling and treatment provided by the program, if referred by NKU. However, for counseling or treatment that extends beyond one calendar year of the medical diagnosis will be the sole responsibility of the student-athlete.

The health and the medical welfare of the student-athlete will be the primary consideration and concern throughout the consultation and intervention process. Consequently, the Athletic Department reserves the right to withhold a student-athlete from sports participation to protect the interest of the student-athlete and the university. Medical confidentiality will apply to all information shared with the NKU Sports Medicine Staff, NKU University Health Services, and members of the Eating Disorder Team.

Reproduced and adapted from the National Collegiate Athletic Association, The Ohio State University, University of Northern Iowa, University of Tulsa and the University of Southern Maine Eating Disorder Policies

Sources: Eating Disorders Awareness and Prevention; Laura Hill, Ph.D.