



2024-2025  
University of Virginia  
Student-Athlete Handbook

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## **INTRODUCTION**

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

## **ATHLETICS DEPARTMENT MISSION**

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

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

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

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

## **DIVERSITY STATEMENT**

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

## **TEN YEAR GOALS**

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

## **INSTITUTIONAL PURPOSE**

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

## **TRADITIONS AND EXPECTATIONS**

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

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

## **ATHLETICS ADVISORY COUNCIL**

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

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

## **GENERAL INFORMATION**

### **CODE OF ETHICS**

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

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

Each student-athlete's behavior has an impact on the reputation of the Athletics Department. Please

remember that student-athletes are viewed as role models, particularly by young children, and it is important that an individual's personal conduct be above reproach at all times.

### **ADDRESS & CONTACT INFORMATION**

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

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

### **STUDENT-ATHLETE AND COACH INTERACTIONS**

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

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

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

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

### **TEAM RULES**

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

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

### **ATHLETICS DEPARTMENT RULES & EXPECTATIONS FOR STUDENT-ATHLETES**

1. Class attendance is mandatory.
2. The legal drinking age is 21. All team, local, state, federal, University and Athletics Department rules, laws, and policies regarding alcohol must be followed.
3. No hazing.
4. Student-athletes must notify their Head Coach within 24 hours of an arrest or criminal conviction. Student-athletes have a separate duty to notify the Dean of Students (434-924-7133) within 72 hours of any arrest for violations of the law, excluding minor traffic violations, that do not result in injury to others, regardless of where the arrest occurred and regardless of whether the University is in session at the time of the arrest. An arrest includes the issuance of a written citation and summons, regardless of whether you are taken into custody by law enforcement.
5. Student-athletes must notify their Head Coach within 24 hours if they have requested or have been issued a restraining order or other protective order.
6. Sexual harassment or violence in any form is unacceptable. Use the "Just Report It" online system to report any sexual harassment or violence or report it to someone within the Athletics Department.

7. Student-athletes must return with the team following away contest, unless there is a fully executed Travel Release Waiver. The form can be obtained from the Athletics Business Office ([abo@virginia.edu](mailto:abo@virginia.edu)).
8. Drugs should not be consumed unless prescribed by a physician.
9. Lying, cheating and stealing are acts not tolerated by the University or Athletics Department.
10. Sports wagering is prohibited and is a violation of NCAA rules.
11. No offensive behavior will be tolerated. Respect and tolerance for differences (e.g., race, gender, religion, sexual orientation) is expected.
12. Obey all ACC and NCAA rules.

## **EXIT INTERVIEWS**

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

Exit interviews conducted with randomly selected student-athletes who are in their final year of athletic eligibility. Below are some of the types of questions that may be asked.

- What was your major?
- Would it have been different if you were not a student-athlete?
- During your time at University what has your experience been as it relates to Diversity, Equity and Inclusion?
- Did your academic, athletic, and personal developmental expectations meet your actual experiences?
- What academic resources did you utilize during your time at the University?
- Are there other services that would have been beneficial?

## **COMPLIANCE**

### **NCAA RULES**

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

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

### **NCAA ELIGIBILITY**

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

### **ACADEMIC ELIGIBILITY**

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

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

Football student-athletes must earn at least 9 credits during the Fall semester or earn the Academic Progress



Rate eligibility point (may be less than 9 for some student-athletes) to be eligible the following Fall semester. If not, the student-athlete may not be eligible to compete in the first four contests.

Student-athletes must earn at least 24-credits prior to their second year. Student-athletes must declare (or defer) a major and earn at least 40% of their declared (or deferred) major by the beginning of their third year. Student-athletes must earn at least 60% of their declared major by the beginning of their fourth year.

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

### **BOOSTERS AND VAF DONORS**

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

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

### **EXTRA BENEFITS**

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

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

### **CONFIDENTIALITY OF STUDENT RECORDS**

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

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

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

- Application for admission of admitted and enrolled students.
- Transcripts.

- Letters and statements of recommendation.
- Standardized test scores.
- Magnetic tape or electronic files from the Educational Testing Center.
- American Medical College Application Service form from Central Application Service.
- Financial aid information.

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

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

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

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

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

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

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

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

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

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

### **TIME DEMANDS OVERVIEW**

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

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

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

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

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

The Athletics Compliance Office will spearhead a review of the time management plan that involves input from student-athletes, Head Coach, sport-specific staff, Sport Administrator.

### **COUNTABLE ATHLETICALLY RELATED ACTIVITY**

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

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

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

Student-athletes are not permitted to miss class, attend class late or leave class early for practice. If a sport is out of season at the end of a semester, no CARA can occur one week prior to the final exam period. No CARA can occur during summer or official vacation periods, unless expressly permitted under NCAA rules (e.g., football summer required activities).

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

**EMPLOYMENT OR SELF-EMPLOYMENT**

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

This section is not applicable to name, image and likeness activity.

**SPORTS WAGERING**

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

**PERMISSIBLE PROMOTIONAL ACTIVITIES**

The University may use a student-athlete's name, image or likeness to promote institutional activities (e.g., schedule cards). To do so, student-athletes must complete the Virginia & ACC Promotional Activities Consent in ARMS.

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

**AMATEURISM**

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

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

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

## **PROFESSIONAL DRAFT**

### *Men's Basketball*

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

### *All Other Sports*

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

## **TRYOUTS & COMBINES**

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

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

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

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

In men's soccer, a student-athlete may accept actual and necessary travel, room and board expenses from Major League Soccer to attend its draft combine.

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

## **OUTSIDE COMPETITION**

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

If a student-athlete participates in an individual sport (e.g., tennis, swimming, track), they may be permitted to engage in outside competition during the playing season.

Student-athletes must complete the Outside Competition Form in ARMS so the Athletics Compliance Office can determine whether the competition is permissible, whether there are any issues that impact the student-athlete's eligibility, and/or review the number of student-athletes on the team.

## **TRANSFERRING**

### *Transfer Portal*

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

A sport's Head Coach will be notified about the request to enter the transfer portal when the workflow is submitted through ARMS. The Athletics Department recommends talking to the Head Coach prior to requesting to enter the transfer portal.

If a student-athlete is going to be an undergraduate transfer, then they have to enter the transfer portal within the transfer portal windows. If a student-athlete is going to be a graduate transfer (graduating within the next two (2) semesters), they have to enter the transfer portal between October 1<sup>st</sup> and the conclusion of the final transfer portal window for the year in their sport.

If there is a head coach departure, then there is a 30-day consecutive period in which the student-athlete can be entered into the transfer portal. If a student-athlete received or was issued athletically related financial aid after the academic year of initial, full-time enrollment and such aid is reduced, canceled or not renewed after the period of award for nonathletic reasons outside of the student-athlete's control (per NCAA bylaw 13.1.1.4.1.1(b)), then there is a 30-day consecutive period in which the student-athlete can be entered into the transfer portal. If a student-athlete's sport is discontinued (sport is dropped or the institution has publicly announced it will drop), they can be entered into the transfer portal anytime thereafter.

For fall sports other than football, a student-athlete can enter the transfer portal during a 30 consecutive-day period beginning 7 days after championship selections are made in their respective sport, and between May 1<sup>st</sup> – 15<sup>th</sup>. For football, a student-athlete can enter the transfer portal during a 20-day period beginning the Monday after the first Saturday in December, and between April 16<sup>th</sup> - 25<sup>th</sup>. Additionally, football student-athletes who are members of teams that participate in a postseason contest (bowl game, NCAA Division I Football Championship, College Football Playoff, etc.) may also provide written notification of transfer during a five consecutive-day period beginning the day after their team's final postseason contest.

For winter sports other than basketball, a student-athlete has a 45 consecutive-day period beginning 7 days after championship selections are made in their respective sport to enter the transfer portal. For basketball, a student-athlete has a 30 consecutive-day period beginning the day after the conclusion of the second round of the NCAA Division I Men's Basketball Championship and the NCAA Division I Women's Basketball Championship, respectively.

For spring sports, a student-athlete can enter the transfer portal between December 1<sup>st</sup> - 15<sup>th</sup>, or a 30 consecutive-day period beginning 7 days after championship selections are made in their respective sport.

The Athletics Compliance Office is required to enter a student-athlete's name and sport into the transfer portal within two business days of the student-athlete completing the transfer portal request and the NCAA transfer education module, subject to sport-specific portal window entry limitations.

**IF A STUDENT-ATHLETE SUBMITS A REQUEST TO ENTER THE TRANSFER PORTAL, THE ATHLETICS DEPARTMENT CAN CANCEL THEIR ATHLETICS AID AT THE CONCLUSION OF THE TERM NOTIFICATION WAS PROVIDED.** For example, a student-athlete provides notification during a semester break (e.g., winter break), then athletics aid can be immediately cancelled for the next semester.

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

Season	Sport	First Day	Final Day
Fall	Cross Country	Saturday, November 23, 2024	Sunday, December 22, 2024
Fall	Field Hockey	Sunday, November 17, 2024	Monday, December 16, 2024
Fall	Football (FCS)	Monday, December 9, 2024	Saturday, December 28, 2024*
Fall	Football (FBS)	Monday, December 9, 2024	Saturday, December 28, 2024*
Fall	Men's Soccer	Monday, November 25, 2024	Tuesday, December 24, 2024
Fall	Women's Soccer	Monday, November 18, 2024	Tuesday, December 17, 2024
Fall	Women's Volleyball	Sunday, December 8, 2024	Monday, January 6, 2025
Fall	Men's Water Polo	Sunday, December 1, 2024	Monday, December 30, 2024
Spring Window	Football	Wednesday, April 16, 2025	Friday, April 25, 2025
	All Other Fall Sports	Thursday, May 1, 2025	Thursday, May 15, 2025
Winter	Men's Basketball	Monday, March 24, 2025	Tuesday, April 22, 2025
Winter	Women's Basketball	Tuesday, March 25, 2025	Wednesday, April 23, 2025
Winter	Women's Bowling	Wednesday, April 2, 2025	Friday, May 16, 2025
Winter	Fencing	Tuesday, March 18, 2025	Thursday, May 1, 2025
Winter	Men's Gymnastics	Tuesday, April 15, 2025	Thursday, May 29, 2025
Winter	Women's Gymnastics	Monday, March 31, 2025	Wednesday, May 14, 2025
Winter	Men's Ice Hockey	Sunday, March 30, 2025	Tuesday, May 13, 2025
Winter	Women's Ice Hockey	Sunday, March 16, 2025	Tuesday, April 29, 2025
Winter	Rifle	Monday, March 3, 2025	Wednesday, April 16, 2025
Winter	Skiing	Tuesday, March 4, 2025	Thursday, April 17, 2025
Winter	Men's Swimming and Diving	Wednesday, March 19, 2025	Friday, May 2, 2025
Winter	Women's Swimming and Diving	Wednesday, March 12, 2025	Friday, April 25, 2025
Winter	Indoor Track and Field	Tuesday, March 11, 2025	Thursday, April 24, 2025
Winter	Men's Wrestling	Wednesday, March 19, 2025	Friday, May 2, 2025
Fall Window	All Spring Sports	Sunday, December 1, 2024	Sunday, December 15, 2024
Spring	Baseball	Monday, June 2, 2025	Tuesday, July 1, 2025
Spring	Women's Beach Volleyball	Sunday, May 4, 2025	Monday, June 2, 2025
Spring	Men's Golf	Wednesday, May 7, 2025	Thursday, June 5, 2025
Spring	Women's Golf	Wednesday, April 30, 2025	Thursday, May 29, 2025
Spring	Lacrosse	Sunday, May 11, 2025	Monday, June 9, 2025
Spring	Women's Rowing	Tuesday, May 27, 2025	Wednesday, June 25, 2025
Spring	Softball	Sunday, May 18, 2025	Monday, June 16, 2025
Spring	Tennis	Monday, May 5, 2025	Tuesday, June 3, 2025
Spring	Outdoor Track and Field	Thursday, May 29, 2025	Friday, June 27, 2025
Spring	Men's Volleyball	Sunday, April 27, 2025	Monday, May 26, 2025
Spring	Women's Water Polo	Monday, May 5, 2025	Tuesday, June 3, 2025

### *Services for Student-Athletes Seeking to Transfer*

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

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

## **RESPONSIBILITY TO REPORT VIOLATIONS**

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

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

## **STUDENT HOSTING**

The Athletics Department may cover the actual costs (up to \$60 per person) of entertaining a prospective student-athlete, student host, and up to four family members accompanying the prospective student-athlete during an official visit. Entertainment must be within 30-miles of the University and the actual cost of entertainment doesn't include the cost of meals and admission to home athletics events.

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

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

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

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

## **AWARDS**

### *Participation Awards*

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

### *Academic Achievement Awards*

Student-athletes may receive academic achievement awards each year. Head Coaches have discretion as to who is eligible for academic achievement awards.

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

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

## **FINANCIAL AID**

### **ATHLETICS-RELATED FINANCIAL AID**

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



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

A student-athlete cannot receive athletics aid in an amount that is above the cost of attendance, except for limited exceptions (e.g., Pell Grant). The cost of attendance includes tuition, fees, books, room, board, supplies, personal/miscellaneous expenses and travel. The cost of attendance may vary based on the school (e.g., Batten, School of Education, College of Arts & Sciences), grade level, and permanent residence.

During the term of an award (including all years of a multiyear agreement), it's only permissible to reduce or cancel athletics aid for the conditions outlined in Bylaw 15.3.4, and other non-athletically related conditions that are included in the financial aid agreement. The may conditions include, but are not limited to, the following:

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

#### *Partial Athletics Grant-In-Aid*

Partial grants-in-aid are automatically credited to a student-athlete's SIS account to pay towards tuition, fees, on-Grounds housing, and meal plans charges. Partial athletics grants-in-aid for the academic year are divided evenly between the fall and spring semesters, with each amount being applied at the beginning of the semester, unless specified otherwise.

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

If a partial grant-in-aid creates a credit balance, the balance will be refunded to the student-athlete during the start of each semester. This refund will be sent to the student-athlete's direct deposit account, if they've signed up through SIS. If a student-athlete isn't signed up for direct deposit, a paper check will be mailed to the student-athlete's current address listed in SIS.

Direct deposit is strongly encouraged. A U.S. bank account is required for direct deposit.

### *Full Grant-In-Aid*

Full grant-in-aid is automatically credited to a student-athlete's SIS account to pay tuition, fees, on-Grounds housing, and meal plan charges. The full grant-in-aid consists of:

- Tuition and Fees
- Housing – If a student-athlete is living off-Grounds, then the housing allowance will be included and paid through a monthly stipend. The amount budgeted for housing is a fixed amount determined by Student Financial Services based on the average cost of on-Grounds housing.
- Food – Student-athletes on a full grant-in-aid are required to be enrolled in a minimum meal plan. The minimum meal plan is determined by Sports Nutrition and will impact the amount a student-athlete receives for food in a monthly stipend.
- Required Textbooks - A student-athlete who is awarded books will have their required books, or Inclusive Access, paid for by the Athletics Department. If the student-athlete's book(s) aren't available through the University bookstore, they should work with Academic Affairs to purchase the required book(s) or be reimbursed for the purchase.
- Other Expenses Related to Attendance - Student Financial Services has defined these expenses as supplies, personal/miscellaneous expenses, and travel to a student-athlete's permanent residence.

Monthly stipends are provided to full grant-in-aid students. These include funds for housing and food (amount may depend on whether the student-athlete is living off-Grounds and the meal plan selected), along with other expenses related to attendance. There are five disbursements per semester, which will disburse towards the start of each month during the academic year.

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

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

### **RENEWAL, NON-RENEWAL AND REDUCTION OF ATHLETICS GRANT-IN-AID**

An athletics grant-in-aid can be awarded as a one-year scholarship or a multi-year scholarship. Student-athletes will be notified by email regarding the renewal, reduction or nonrenewal of their grant-in-aid no later than July 1<sup>st</sup> each year.

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

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

### **APPEAL OF NON-RENEWAL OR REDUCTION OF ATHLETICS GRANT-IN-AID**

The University utilizes an independent (from the Department of Athletics) grant-in-aid Appeal Committee composed of members of the University's Enrollment Division, which serves as the institution's authority over grant-in-aid appeals. It is important to note that this process is not a legal proceeding so attorneys or

other legal counsel for either side shall not be present. Student-athletes will be provided with an advocate to assist in the navigation of the appeal.

The Associate Vice Provost for Enrollment and Student Financial Services serves as the Chair of the Appeals Committee. At the time a hearing is requested, they will appoint at least three and not more than five members from a pool of Enrollment Division staff to serve as the committee. Members of this pool will be in at least an Assistant Director role or higher and will not include anyone who works directly with the Athletics Department. Any member with a direct relationship to the student-athlete and/or coach involved in the appeal hearing will be excluded from consideration. The Director of Financial Aid and the Senior Athletics Compliance Office administrator (or designee who is able to interpret NCAA regulations) from the Athletics Department will be present during all presentations and subsequent discussions of the Appeals Committee to answer questions and offer advice on financial aid compliance or NCAA compliance.

The purpose of the appeal hearing is not a forum for each side to ask questions of the other, but rather for the Committee to solicit information from both parties and render an informed decision. Documentation, statements and rebuttals should be limited to material relevant to the nonrenewal, cancellation or reduction and to a reasonable amount of time. The committee may request additional information from either party prior to the hearing or seek additional information after the hearing in order to render a decision. The Committee will inform both parties of its decision in writing within ten (10) business days of the hearing's conclusion. The Committee's decision is final and there is no further appeal beyond this Committee.

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

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

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

#### Responsibilities of the Student-Athlete

To appeal the nonrenewal, cancellation or reduction of a grant-in-aid award to the Appeal Committee, the student-athlete must:

1. Notify the Director of Financial Aid in writing within ten (10) business days of receipt of the notice of nonrenewal, cancellation or reduction of the Athletics grant-in-aid that you wish to appeal.
  - a. The Director will contact you to set up a meeting to discuss the reason for your appeal, how the appeal process will work, and how your advocate will be selected.
  - b. The student-athlete must meet with the Director of Financial Aid, in person, by telephone, or virtually, to discuss the appeal and provide preferred hearing dates within ten (10) business days of contact from the Director. The preferred hearing dates must be within 30 days from when the student-athlete provided initial notice of their intent to appeal. The

hearing date may be scheduled beyond this 30-day period if all three parties (Athletics, SFS, and the student-athlete) agree.

- c. If the student-athlete does not complete 1a and 1b described above, the opportunity to appeal expires. There is no exception to this policy and no additional appeals will be considered.
2. The Director of Financial Aid will contact the Chair, who will set the hearing date and notify all parties of the date/time arranged for the appeal hearing.
3. Submit to the Chair at least five (5) business days before the hearing date a statement detailing the reasons for the appeal. You may include any letters or supporting documentation relevant to the appeal. Copies of these documents will be shared with the Athletics Department and the Appeals Committee.
4. Plan to attend the hearing in person, accompanied by your advocate and one other individual (not an attorney or legal counsel). Student-athletes will have an advocate appointed for them as arranged through the Vice President for Student Affairs to ensure the student-athlete is aware of all resources available to them. The student-athlete may bring one other individual with them to the hearing. Student-athletes should submit to the Chair a list of their attendees (advocate and one other person) at least five (5) business days prior to the hearing.
5. The student-athlete should prepare to present his or her case to the Committee. The student-athlete should take the lead, but he/she has the option to defer to an individual to speak on their behalf.

#### Responsibilities of the Athletics Department

In order to respond to a student-athlete's appeal to the Committee of nonrenewal, cancellation or reduction of a grant-in-aid award, the Athletics Department must:

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

#### The Hearing Process

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

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

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

#### **NON-ATHLETICS AID**

A student-athlete must notify Student Financial Services about non-athletics aid they receive.

Non-athletics aid may be a 529 disbursement, scholarship from an outside organization, award from a department, or something similar. Information about the outside award should be provided to Student Financial Services in the beginning of the year compliance forms, unless the information isn't available at that time.

### **INTERNATIONAL STUDENT-ATHLETE – TAX REIMBURSEMENT**

International student-athletes may have taxes removed from their stipend, academic achievement award, or any other type of money that is received. International student-athletes may be reimbursed for any taxes that are taken out of their money received, subject to permissible funds being available.

In order to request a tax reimbursement, a student-athlete should complete the “Tax Reimbursement Request” workflow in ARMS.

### **VIRGINIA ATHLETICS FOUNDATION**

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

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

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

### **ENDOWED SCHOLARSHIPS**

Endowed scholarships exist in perpetuity and have been established by donors making generous contributions. While the criterion for each varies, recipients are recognized for their leadership, scholarship, sportsmanship, hard-work and dedication. Being named as a recipient of an endowed scholarship does not change the value of the scholarship.

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

### **THANK-A-THONS**

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

### **NAME, IMAGE & LIKENESS**

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

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

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

## **INSTITUTIONAL INVOLVEMENT**

The University can assist with the development, creation, execution or implementation of NIL activities.

A student-athlete may use institutional facilities for NIL activities, as long as the use has been approved by the University, in conjunction with the Athletics Compliance Office. Institutional facilities include buildings, structures, venues, and sites or locations controlled and/or operated by the University. For more information, please contact John Welch ([gmq8da@virginia.edu](mailto:gmq8da@virginia.edu)).

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

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

## **PROHIBITIONS**

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

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

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

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

## **REPRESENTATION**

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

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

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

## **DISCLOSURE**

A student-athlete has discretion to disclose all NIL activities to the Athletics Compliance Office (or a designee). Disclosure is not required for activity that is less than \$600.

If a student-athlete decides to disclose, the University can assist with the development, creation, execution or implementation of NIL activities. Furthermore, if a student-athlete elects to disclose, the disclosure should be provided within 30-days of agreeing to the NIL opportunity. Incoming student-athletes who elect to disclose must provide their current NIL opportunities within 30-days of enrollment.

If a student-athlete elects to disclose, they must provide: (1) the names and contact information of individuals involved in the activity, including a description of the nature of the relationship between such individuals; (2) terms of the arrangement, including a description of services rendered, rights granted, term duration, compensation and payment structure (e.g., cash, barter, deferred); (3) names and contact information of professional service providers involved in the arranging, negotiating, or securing the disclosed activity, including a description of the nature of the relationship between the service provider and individuals involved in the activity; and (4) terms of compensation between the professional service provider and the student-athlete (e.g., agent contingency fee).

The Athletics Compliance Office will review whether there are any NCAA violations or issues with institutional policy or state law.

## **ACADEMIC AFFAIRS**

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

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

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

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

within their respective school.

### **ACADEMIC EXPECTATIONS**

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

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

### **ACADEMIC CALENDAR**

The University academic calendar changes from year to year. Current academic calendars are available online at <http://www.virginia.edu/registrar/calendar.html>.

### **ACADEMIC INTEGRITY**

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

It is a student-athlete's responsibility to understand and act in accordance with the Honor Code. If they have any questions about what is and what is not permissible, contact a member of the Honor Committee at (434) 924-7602 or view the website at <http://www.virginia.edu/honor/>.

### **ADD/DROP PERIOD**

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

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

**STUDENT-ATHLETES MUST SEE THEIR ACADEMIC COORDINATOR PRIOR TO DROPPING A COURSE.**

### **REQUIRED BOOKS AND MATERIALS**

You must be receiving a full scholarship to receive required books or specifically be awarded a book scholarship.

You must be receiving a full scholarship or specifically be awarded a books scholarship to be eligible to receive a reimbursement for materials or recommended books. Each request is reviewed and approved on a case-by-case basis. Pell Grant recipients may not be eligible for materials or recommended books because it may exceed their cost of attendance.

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



You must be currently enrolled in the course for which you are requesting books or materials. You cannot receive books or materials for a course in which you are “waitlisted”. Please check with Academic Affairs or the Athletics Compliance Office before buying textbooks on your own.

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

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

### **COMPUTER LABS**

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

### **LEARNING SPECIALISTS**

Learning Specialists can assist you in the following ways:

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

### **LIBRARIES**

There are numerous libraries on-Grounds. For information on locations and hours visit: <http://www.lib.virginia.edu/map.html>.

### **ACADEMIC MEETINGS**

Academic meetings are regular appointments between the Academic Coordinator and the student-athlete. These meetings allow the Academic Coordinator to track the student-athlete’s progress and assess the student-athlete’s need for academic resources. The student-athlete and Academic Coordinator will discuss course progress by utilizing communication with the professors, mentors, tutors and assessing experience in classes.

The academic information that is gathered from the meeting(s) is reported to the Head Coach in a timely manner. Student-athletes required to participate in academic meetings are those on Academic Probation or Suspension in Abeyance, in their first year at the University, transfers, and those identified by a coach or Academic Coordinator.

### **ACADEMIC MENTORING AND TUTORING**

Mentoring appointments include individual or small group work with a staff member at a frequency to be determined by the Academic Coordinator. Mentoring appointments include academic planning of tasks for the week, learning and practice of effective study strategies, and the completion of required class work in

the form of tasks. All tasks can be viewed in the database and completion and approval by the task's due date is the student's responsibility.

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

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

### **CLASS CHECKING**

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

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

### **TRAVEL LETTERS**

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

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

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

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

### **OUTSIDE COMPETITION**

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

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

### **SUMMER SESSION**

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

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

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

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

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

### **DEGREE COMPLETION**

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

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

### **STUDENT-ATHLETE DEVELOPMENT**

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

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

### **CAREER DEVELOPMENT**

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

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

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

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

### **PERSONAL DEVELOPMENT**

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

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

Students-athletes are encouraged to join the affinity groups, such as, Black Student-Athletes Offering Service and Support, Athletes for Equality, Global Hoos, and Green Athletics.

### **LEADERSHIP DEVELOPMENT**

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

The Ethical Leadership Academy is the cornerstone of the Center for Citizen Leaders and Sports Ethics. The Ethical Leadership Academy provides opportunities to learn from and with leaders from various industries and emphasizes ethical leadership and decision-making. Through two different tracks, cohorts of student-athletes from all sports will learn skills of leadership and apply these skills to establishing real world change.

A year-long commitment is expected for each track of the Ethical Leadership Academy, with the opportunity to engage in a Service-Learning Trip.

### **STUDENT-ATHLETE ADVISORY COMMITTEE**

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

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

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

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

- Annual Welcome Dinner.
- Community service and engagement opportunities.
- Initiatives related to Diversity, Equity, and Inclusion.
- Events that build community within the student-athlete population.
- Recommendations for policies, resources, and services impacting the student-athlete community.

- Evaluation of proposed NCAA legislation and ACC rules changes.
- Annual Hoos Choice Awards.

## **COMMUNITY SERVICE**

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

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

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

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

## **UNIVERSITY LIFE**

### **MULTICULTURAL STUDENT SERVICES**

Through the Multicultural Student Services, the Athletics Department works with student-athletes to develop programs offered through the Multicultural Student Center, LGBTQ+ Center, Latinx Student Center and Interfaith Student Center.

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

### **OFFICE OF AFRICAN AMERICAN AFFAIRS**

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

### **THE GORDIE CENTER FOR ALCOHOL AND SUBSTANCE EDUCATION**

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

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

### **PREVENTING AND ADDRESSING DISCRIMINATION, HARASSMENT, AND RETALIATION**

The University's Preventing and Addressing Discrimination and Harassment policy prohibits discrimination and harassment on the basis of age, color, disability, family medical or genetic information, gender identity

or expression, marital status, military status (which includes active-duty service members, reserve service members, and dependents), national or ethnic origin, political affiliation, pregnancy, race, religion, sex, sexual orientation, or veteran status.

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

### **SEXUAL HARASSMENT AND OTHER FORMS OF INTERPERSONAL VIOLENCE**

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

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

- University’s Title IX Coordinator or Deputy Title IX Coordinator
- [Just Report It](#) - the University’s website for online reporting.

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

Office Address:

P.O. Box 400211

Phone: (434) 297-7988

Email: [titleixcoordinator@virginia.edu](mailto:titleixcoordinator@virginia.edu)

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

Armani Dawkins, Deputy Athletics Director for Competitive Excellence

[adawkins@virginia.edu](mailto:adawkins@virginia.edu)

### **STUDENT-ATHLETE MENTOR PROGRAM**

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

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

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

## **STUDENT DISABILITY ACCESS CENTER**

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

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

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

## **HOUSING**

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

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

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

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

## **ON-GROUNDS HOUSING - UPPERCLASSMEN**

Each winter, an on-Grounds housing application is available to upperclassmen, including transfers, for the subsequent academic year. To request upperclassmen housing, student-athletes must submit the housing application by the deadline prescribed and then follow the process outlined by housing. Renewals are not automatic.

## **OFF-GROUNDS HOUSING**

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

## **EARLY ARRIVALS**

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

## **SPORTS PSYCHOLOGY**

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

to optimize their experience as students, as athletes, and as community members free of cost. Furthermore, Sports Psychologists respect and foster a student-athlete's autonomy and resilience.

Student-athletes face unique challenges. Student-athletes balance several full-time identities and responsibilities, including those related to sport, the classroom, and complex social and family obligations.

Sport performance standards and expectations increase each year. Student-athletes carry these expectations while also managing greater visibility and larger platforms, including NIL and the increased availability of the transfer portal.

The Athletics Department has three licensed "in-house" clinical psychologists and one postdoctoral fellow, reflecting its commitment to supporting the whole student-athlete... your personhood.

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

Sport Psychology also helps student-athletes develop tactics, mindsets, and strategies that contribute to their individual and team success. Mental and physical skills are essential to becoming highly successful and Sports Psychologists can help hone these skills.

Sport Psychology helps student-athletes develop skills to maximize their ability to connect their mind with their body when they train and compete.

### **STRENGTH & RESILIENCE**

The Athletics Department has been a pioneer in the integration of Sport Psychology into student-athlete performance and well-being. Everyone encourages student-athletes to use Sport Psychology's services and are part of reducing stigma about mental health and receiving services to support it.

Student-athletes have championed the fight to reduce and end stigma around Sport Psychology and have promoted it as a critical resource for improvement in and out of sport. They have actively challenged and overcome myths and misperceptions to encourage the use of Sport Psychology to become their best selves in all aspects of their lives.

Student-athletes embrace using Sport Psychology as an indication of strength and resilience, reflecting the courage to overcome adversity and reach further in all they do. Over the last nine years, about 50% of our student-athletes have used individual Sport Psychology appointments each year to get the most out of themselves and their experience.

### **MAKING APPOINTMENTS**

Sport Psychology is located on the third floor of the McCue Center. Appointments can be made directly with Jason Freeman ("Dr. Freeman"), Karen Egan ("Dr. Egan") or Toni Harris ("Dr. Harris") via text message, telephone call, email or in-person. If using text or email, please provide the best days and times to meet as part of the message. If multiple options are provided, it will help ensure that an appointment is scheduled sooner. Be sure to schedule around your academic and athletic commitments.



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

**If there is an emergency in which your life or the life of someone else is in danger, call 911 immediately to report the emergency and/or CALL Sports Psychology and your Athletics Trainer (do not text or email in an emergency).**

<p><b><u>Jason Freeman, Ph.D.</u></b>  <b>Sport Psychologist</b>          434-242-7472  <a href="mailto:jf4z@virginia.edu">jf4z@virginia.edu</a>          McCue 3<sup>rd</sup> Floor, Room 347</p>	<p><b><u>Karen Egan, Ph.D.</u></b>  <b>Associate Sport Psychologist</b>          434-270-1677  <a href="mailto:kpe4q@virginia.edu">kpe4q@virginia.edu</a>          McCue 3<sup>rd</sup> Floor, Room 346</p>	<p><b><u>Toni Harris, Ph.D.</u></b>  <b>Assistant Sport Psychologist</b>  <b>434-365-9672</b>  <a href="mailto:tas2m@virginia.edu">tas2m@virginia.edu</a>          McCue 3<sup>rd</sup> Floor, Room 317</p>
<p><b><u>TEAMS:</u></b>          Baseball          Field Hockey          Football (Co-Point)          W Golf          M Lacrosse          W Soccer          W Tennis          Wrestling</p> <p>Alcohol/Substance Policy violations          Supervise Sport Psychology Unit          Learning/ADHD Assessment          Concussion recovery issues          Co-supervision of Fellow/Students</p>	<p><b><u>TEAMS:</u></b>          M Basketball          M&amp;W Cross Country and Track &amp; Field (Co-Point)          M Golf          Rowing (Co-Point)          M&amp;W Swimming and Diving          M Tennis          Volleyball</p> <p>Expertise in Disordered Eating, Eating Disorders, and Body Image concerns          Learning/ADHD Assessment          Co-supervision of Fellow/Students</p>	<p><b><u>TEAMS:</u></b>          W Basketball          M&amp;W Cross Country and Track &amp; Field (Co-Point)          Football (Co-Point)          W Lacrosse          Rowing (Co-Point)          M Soccer          Softball</p> <p>Learning/ADHD Assessment          Expertise in Disability Services          Co-supervision of Fellow/Students</p>

**EMERGENCY ASSISTANCE**

In situations or circumstances when a student-athlete is concerned about someone’s health or safety, they are encouraged to immediately call an Athletics Trainer, Head Athletics Trainer, and/or Sport Psychology.

During business hours, Sport Psychologists may be meeting with other student-athletes, so if they do not pick up a call, try again. Student-athletes can also walk to (or escort another student-athlete) to our offices on the 3rd floor of McCue (Dr. Freeman, #347; Dr. Egan, #346; or Dr. Harris, #317).

A Sport Psychologist will be on call outside weekday business hours of 8 AM to 5 PM. Calling any of the three Sport Psychologists after hours or on weekends will automatically forward to the on-call Psychologist.

If a student-athlete cannot reach a Sport Psychologist, contact the Counseling and Psychological Services (“CAPS”) on-call clinician. CAPS can be contacted at (434) 243-5150 both during and after business hours (24 hours/day, 7 days/week). A CAPS provider will assist a student-athlete by providing direction on how to best manage the situation or receive further assistance.

**IF THERE IS AN IMMINENT SENSE OF HARM TO AN INDIVIDUAL OR TO OTHERS, CALL 911. FOR MENTAL HEALTH EMERGENCIES, CALL 988.**

## **TRANSITION OF CARE**

If a student-athlete was receiving active services from Sports Psychology upon being separated from a sport, then Sports Psychology may offer transitional services while collaborating on a “warm handoff” to other resources at the University or in the surrounding community. Exceptions may be applicable in extraordinary circumstances, should Sports Psychology and/or the Athletics Department believe a student-athlete, regardless of whether they were utilizing Sports Psychology services, needs care.

## **SPORTS MEDICINE**

Sports Medicine is located in Training Grounds, Football Operations Center, John Paul Jones Arena and in various other athletic venues.

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

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

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

## **RESPONSIBILITIES FOR MEDICAL CARE**

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

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

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

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

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

## **SERVICES AND PROCEDURES**

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

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

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

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

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

### **EMERGENCY TREATMENT**

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

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

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

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

### **EYEGLASSES AND CONTACT LENSES**

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

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

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

### **INSURANCE COVERAGE AND MEDICAL EXPENSES**

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

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

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

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

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

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

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

## **INJURY PREVENTION**

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

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

## **MEDICAL CARE REFERRALS**

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

The Athletics Department recognizes the importance of a student-athlete’s comfort when dealing with a health care specialist. However, if a student-athlete chooses to seek outside medical care without approval

from the Medical Director or Head Athletic Trainer, the Athletics Department has the discretion to not assume financial responsibility for any expenses incurred.

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

### **PRE-PARTICIPATION PHYSICAL EXAMINATION**

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

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

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

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

- A “Returning Student-Athlete Health History Questionnaire”.
- Annual concussion symptom reporting form.
- A copy of their insurance card.
- A Drug-Testing Consent Form.

- A Media Release Form.
- Assumption of responsibility for reporting injury form.
- Acknowledgement of concussion and sickle cell education.
- NCAA Summer Address and Contact information.
- Athletics Pledge and Acknowledgement of Risk Form.

## **TRYOUTS**

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

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

## **ADHD MEDICATION USAGE**

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

## **POST-PARTICIPATION MEDICAL COVERAGE**

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

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

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

## **DRUG AND ALCOHOL POLICY**

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

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

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

## **GOALS OF THE POLICY**

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

## **DRUG AND ALCOHOL EDUCATION PROGRAM**

### *Purpose of the Program*

The purpose of the University of Virginia Intercollegiate Athletics Drug and Alcohol Education Program is to inform and help student-athletes at the University in matters of substance abuse. It is hoped that student-athletes will not have problems with drug use or alcohol abuse; however, drugs and alcohol negatively affect many facets of society.

Drug and alcohol testing should enhance the feeling of trust and camaraderie among student-athletes as it demonstrates a commitment to substance-free competition.

### *Implementation of the Program*

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

At the beginning of the academic year, a presentation will be made to all student-athletes, which will outline and review the drug testing policy, its purposes, and its plan for implementation. Each student-athlete shall sign a form that acknowledges receipt of the information and an understanding of the drug testing program; provides consent for urinalysis testing and permits the release of substance abuse testing information to a limited, defined group of individuals as described in the substance abuse testing section of the drug testing policy. The failure of a student-athlete to comply with the provisions of the drug testing policy could

result in sanctions, including loss of their grant-in-aid and dismissed from the team.

## **SUBSTANCE ABUSE EDUCATION PROGRAM**

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

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

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

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

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

## **SUBSTANCE ABUSE TESTING PROGRAM**

### *The Protocol for Testing*

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

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

Random selections for substance abuse testing are generated by the Athletics Compliance Office. Random testing may be performed on an individual or team at any time. In addition, the Coordinator of Drug Testing may require a student-athlete to be tested independent of the random sample because of a reasonable suspicion of substance abuse based on a history of substance abuse, behavioral changes in a



student-athlete, or other sources including but not limited to, coaches, administrators or Sports Medicine personnel, the Office of the Dean of Students, the Judiciary Committee, the Residence Halls staff, and the community.

Any student-athlete who tests positive at any time may expect screening on a more frequent basis. For the student-athletes and their teammates' safety, every student-athlete who tests positive must be retested, show a serial decline in the urine toxicology screen levels and be medically cleared for participation in any team activity by the designated Medical Director.

A random selection of 20% of student-athletes on teams participating in NCAA sanctioned post-season competition, or individual team members participating in such competition, will be tested for performance enhancing substances before that competition. Student-athletes will be notified of their selection for substance abuse testing by e-mail and/or text message from the Athletics Department. The substance abuse test shall consist of a urine specimen the student-athlete will provide under the supervision of Sports Medicine. Each urine sample shall be analyzed for the presence of drugs/alcohol by Aegis Sciences Corporation.

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

#### *Self-Disclosure*

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

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

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

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

1. Seeking emergency care by calling 911 and/or transporting a student-athlete to the nearest Emergency Department (when transporting them does not further jeopardize safety).
2. Notifying their team Athletic Trainer about any medical emergency.

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

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

#### *Failure to Test*

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

#### *Urine Toxicology Screening*

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

#### *Outcomes of Positive Test Results*

If a student-athlete tests positive with a national or international sports governing body, they will be required to notify the NCAA and the Coordinator of Drug Testing. A student-athlete under a drug-testing suspension from a national or international sports governing body that has adopted the World Anti-Doping Agency (WADA) code cannot participate in NCAA intercollegiate competitions. At the point the student-athlete is cleared by the NCAA, they will be required to test negative before returning to team

activities (e.g., meetings, conditioning, practice, and competition).

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

### **I. First Positive during the Student-Athlete's NCAA Eligibility:**

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

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

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

### **II. Second Positive During NCAA Eligibility:**

On a student-athlete's second positive test, the same procedure as in a first positive test will be implemented. In addition to the notifications above, the Coordinator of Drug Testing will notify the Deputy Athletics Director for Competitive Excellence of any second positive tests and the student-athlete will meet with the Deputy Athletics Director for Competitive Excellence. The Deputy Athletics Director for Competitive Excellence will consult with the Sport Administrator, the Head Coach, the Coordinator of Drug Testing, and Sport Psychology, to determine the appropriateness of continued Athletics participation. If the student-athlete wishes to remain a member of their team, the student-athlete will be required to enter into a behavioral contract that will specify the conditions for continued participation and consequences for failure to abide by the conditions of the contract. The student-athlete cannot resume team activities until the contract is fully executed. If the student-athlete quits or no longer wishes to be

a member of his/her team, a contract is not required. As a reminder, if the student-athlete remains on athletics aid for the remainder of the academic semester/year, the student- athlete is still subject to continued alcohol and drug testing and may be subject to loss of athletics aid for failure to appear for a test or a positive test result.

### **III. Third Positive During NCAA Eligibility:**

If a student-athlete has a third positive test, it will be assumed that the student-athlete has a significant problem or has made a conscious decision to use drugs and therefore will incur even more serious consequences. The results of a third positive test will be shared with the Coordinator of Drug Testing, Medical Director, the student-athlete, Sport Psychology, the student-athlete's Head Coach, the Athletics Director, the Deputy Athletics Director for Competitive Excellence, and the student-athlete's parents. The third positive test will result in the immediate and indefinite suspension of the student-athlete from all team activities. The student-athlete will be asked to return for frequent testing. Whether they will be allowed to return to their sport will depend on recommendations of Sport Psychology and others involved. The student-athlete will have the opportunity to discuss the matter with the Athletics Director and to present evidence of any mitigating circumstances. The Head Coach and Athletics Director may recommend the termination of the student-athlete's grant-in-aid.

A failure to report for a substance abuse test after the second positive test will be deemed to be a third positive test and treated accordingly.

#### *Criminal Penalties for Drug Possession*

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

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

### **Additional Information**

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

The Coordinator of Drug Testing will consult with Sport Psychology to determine the status of a student-athlete's counseling and/or treatment compliance. Failure by the student-athlete to comply with recommended counseling or treatment will result in suspension from or delayed return to team activities.

The return of the student-athlete to team activities will be determined by Sport Psychology, the Coordinator of Drug Testing, and the Head Coach. If the student- athlete has not met with one of the Athletics Department's Sport Psychologists within seven days after notification by the Coordinator of Drug Testing, they will remain suspended until this meeting takes place. If a positive test is the result of a prescribed medication, or of questionable nature, the Coordinator of Drug Testing and Medical Director will determine if the presence of the prescribed medication or of another substance constitutes a positive test.

The Deputy Athletics Director for Competitive Excellence, Head Coach, and Sport Psychology will be informed of a positive test cannabinoids result. The student-athlete will be required to meet with Sport Psychology for an assessment of cause but is not considered a violation of the drug testing policy. Recommendations by Sport Psychology in regard to this assessment will be followed by the Athletics Department. Coaches may have stricter team rules regarding sub-positive tests which supersede the Athletics Department's drug testing policy. Student-athletes must be aware of their individual team policy.

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

#### *NCAA Testing/Sanctions*

The NCAA will test at championship events and in some cases on a random basis throughout the calendar year. Positive tests for performance enhancing drugs will result in a one-year suspension from NCAA competition per NCAA policy. See the NCAA web site for further information (<https://www.ncaa.org/sport-science-institute/ncaa-drug-testing-program>).

A positive test by the NCAA will be considered a positive test under the Athletics Department's drug testing policy.

#### **ALCOHOL**

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

## **Alcohol Policy and Sanctions**

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

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

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

## **TOBACCO**

The University does not condone the use of any form of tobacco products. Tobacco use often results in a physical dependency in the form of nicotine addiction. The negative effects of tobacco abuse are well documented by the high incidence of mouth, throat, lung, and other forms of cancer in those who use tobacco. Even casual users may become addicted.

The University strongly encourages its student-athletes to abstain from the use of tobacco products. Use of tobacco at a team activity (i.e., meeting, practice, or competition) shall result in the suspension of the student-athlete, coach, or staff member for the remainder of the day of use. In addition, further sanctions may be imposed for serious or repeated violations.

## *Appeals Process*

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

## **PREGNANCY**

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

A pregnant student-athlete will retain access to Sports Psychology and other support services that may be

necessary during the pregnancy.

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

### **TRANSGENDER STUDENT-ATHLETES**

A transgender student-athlete must provide documentation that meets the criteria of the [2010 NCAA policy](#) plus meet the sport standard for documented testosterone levels prior to any competition during the regular season, prior to the first competition in an NCAA championship event, and prior to any competition in the non-championship segment.

Beginning Aug. 1, 2024, the NCAA requires transgender student-athletes to provide documentation no less than twice annually (and at least once within four weeks of competition in NCAA championships) that meets the sport-specific standard (which may include testosterone levels, mitigation timelines and other aspects of sport-governing body policies) as reviewed and approved by the Competitive Safeguards and Medical Aspects of Sports.

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

### **STRENGTH TRAINING AND CONDITIONING**

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

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

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

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

- Proper workout attire is mandatory. Student-athletes will be notified should something be inappropriate.
- Shirts and **TIED** Athletics shoes must be worn at all times during workouts. Shoes must be tied tight, not just knotted at the top. If a student-athlete participates in an “outdoor” sport (e.g., soccer, cross country, softball) shoes must be clean before entering the weight room.
- Clothing representing colleges or universities other than the University is not permitted.
- Towels and germicide are provided for all facility users. Please clean off aerobic equipment after use.
- Following a workout, all dirty towels must be returned to a laundry bin or other designated location.

- No food or drinks are permitted on the platforms or workout areas of the facility, with the exception of water or other workout-related drinks (e.g., Gatorade).
- Any kind of mess must be cleaned up properly and immediately (e.g., spilled water at the cooler).
- All equipment used during a workout must be returned to where it belongs, immediately upon finishing an exercise.
- The weight room is for the use of University student-athletes and Athletics Department staff. All others wanting to use the weight room must see the Director of Strength and Conditioning.
- Headphones/ear buds are permitted on aerobic equipment ONLY.
- Student-athletes are not permitted to use cell phones for calls or texting in the weight room. Leave them in your car, locker or bag. If they are in your bag in the weight room, make sure they are turned off.
- The stereo is not to be touched by anyone other than Strength & Conditioning.
- Student-athletes must ask Strength & Conditioning about how to perform a particular exercise, use a piece of equipment, or require a spot for any exercise when necessary.

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

## **SPORTS NUTRITION**

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

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

Student-athletes have the opportunity to meet with a Sports Dietitian to maximize their performance. The following services are provided:

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

## **Sports Dietitians**



Randy Bird  
Director of Sports Nutrition  
Email: [rbird@virginia.edu](mailto:rbird@virginia.edu)  
Cell: 434-466-7324

Ross Ferrell  
Assistant Director of Football Nutrition  
Email: [mpc4av@virginia.edu](mailto:mpc4av@virginia.edu)  
Cell: 434-466-6915

Courtney Kawamoto  
Associate Director of Sports Nutrition  
Email: [courtneykawamoto@virginia.edu](mailto:courtneykawamoto@virginia.edu)  
Cell: 503-863-8689

Kailah Murphy  
Associate Director of Sports Nutrition  
Email: [rqr9yd@virginia.edu](mailto:rqr9yd@virginia.edu)  
Cell: 413-636-1863

Vincenza Ranallo  
Director of Football Nutrition  
Email: [vranallo@virginia.edu](mailto:vranallo@virginia.edu)  
Cell: 224-538-0466

Connect with Sports Nutrition via social media:  
Instagram: @UVASportsRD and @uva.Athleticsdining  
Twitter: @UVASportsRD

## **BANNED SUBSTANCES**

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

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

## **FUELING STATIONS**

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

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

## **MEAL PLANS AND DINING SERVICES**

Dining Services offers various meal plans for student-athletes.

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

Dining Services maintains an extensive website. For more information on student-athlete meal plans visit the website (<https://virginia.campusdish.com/MealPlans/>). To view the Athletics meal plans, click the either “First-Year Athletics” or “Upperclassman Athletics”.

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

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

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

## **BUSINESS OFFICE**

To receive a reimbursement (e.g., international tax reimbursement), or certain types of benefits (e.g., actual and necessary expenses for summer required activities) from the Athletics Department. Student-athletes must work with the Athletics Business Office to sign-up for Payment Works.

The Payment Works link will be shared at the beginning of the year team meetings. If student-athletes have questions about the Payment Works process, they can email the Athletics Business Office at [abo@virginia.edu](mailto:abo@virginia.edu), or stop by the Athletics Business Office on the 3<sup>rd</sup> floor of the McCue Center.

Link to sign up for Payment Works: <https://www.paymentworks.com/app>

Instructions: <https://uvafinance.virginia.edu/resources/supplier-non-supplier-registration-uva>

## **EQUIPMENT ROOMS**

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

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

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

## **CLEARANCE NEEDED FOR EQUIPMENT AND CLOTHING**

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

## **EXPECTATIONS**

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

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

## **ATHLETICS COMMUNICATIONS**

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

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

## **RESPONSIBILITIES & ASSISTANCE**

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

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

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

- Athletics Communications will always check with student-athletes concerning the day, time, and location of an interview (in person or via telephone) before it is scheduled. NCAA rules prohibit scheduling media activities and interviews on a student-athlete's day off. However, if student-athletes voluntarily request the media activity on your day off, you may do so.
- Be on time for scheduled interviews. If a student-athlete has a problem with a scheduled appointment, notify the Athletics Communications so appropriate action can be taken.
- Be courteous with the media. They are professional journalists who have been assigned to cover Virginia Athletics. They should also treat student-athletes with professional courtesy.

- During an interview, avoid negative comments and criticism of any type, particularly of opponents.
- Do not respond to a question if you do not wish to respond. Simply say, “I’d rather not discuss the subject.” If a student-athlete doesn’t want to read, see, or hear it in the media, don’t say it.
- Do not reply to media questionnaires unless instructed to do so by Athletics Communications.
- Wear team-issued apparel (unless it is a professional attire setting) when appearing on camera.
- If student-athletes feel uncomfortable with the questions, answers, or general tone of the interview, politely end the interview and contact Athletics Communications.
- If student-athletes are pleased with the results of an interview, take time to let the reporter know by dropping a note or saying hello the next time you meet.

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

## **TICKETS TO ATHLETICS EVENTS**

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

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

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

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

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

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

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

## **PARKING AND TRANSPORTATION SERVICES**

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

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

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

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

### **UNIVERSITY TRANSIT SYSTEM**

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

