



**2016-17 NCAA Division I Autonomy Legislative Proposals
Question and Answer Document**

(Updated: December 9, 2016)

**NCAA Proposal No. 2016-130 Autonomy Proposal -- Financial Aid -- Terms and Conditions
-- Retroactive Financial Aid.**

Question No. 1: Is there a deadline by which a financial aid agreement must be executed in order for it to be made retroactive to the beginning of the academic year?

Answer: Yes. A financial aid agreement must be awarded to and signed by the student-athlete by the day of the institution's spring commencement exercises.

Proposal No. 2016-132 Autonomy Proposal -- Awards, Benefits and Expenses -- Nutritional Supplements -- Protein Supplements.

Question No. 1: Would this proposal eliminate the 30 percent restriction on the percentage of calories from protein contained in a particular supplement?

Answer: Yes. An institution would be permitted to provide any supplement that is included in one of the permissible classes of nutritional supplements (carbohydrate/electrolyte drinks, energy bars, carbohydrate boosters, protein supplements and vitamins and minerals) regardless of the percentage of calories from protein in the supplement.

Question No. 2: Of the examples listed as nonpermissible nutritional supplements in the 7/26/00 Official Interpretation, Item No. a, which supplements will be permissible to provide to student-athletes if the proposal is adopted?

Answer: Of the examples listed as nonpermissible, only "protein powders" will become permissible supplements if the proposal is adopted. Supplements that contain the other items listed as nonpermissible in the interpretation will remain impermissible to provide to student-athletes.

Proposal No. 2016-133 Autonomy Proposal -- Awards, Benefits and Expenses -- Entertainment.

Question No. 1: May an institution provide transportation in conjunction with permissible entertainment activities?

Answer: Yes.

Question No. 2: May a student-athlete miss class to participate in permissible entertainment activities?

Answer: A student-athlete may not miss class for entertainment activities unless the entertainment occurs in conjunction with another activity (e.g., away-from-home competition) by which it is permissible for the student-athlete to miss class.

Proposal No. 2016-135 Autonomy Proposal -- Playing and Practice Seasons -- Prohibition on Required Athletically Related Activities -- Eight-Hour Period Between 9 p.m. and 6 a.m.

Question No. 1: How does the continuous eight-hour prohibition on required athletically related activities apply within the nine-hour overnight window (9 p.m. to 6 a.m.)?

Answer: An institution may not require a student-athlete to engage in required athletically related activities during a continuous eight-hour period within the nine-hour window. The following examples demonstrate how the legislation applies:

- a. If a women's rowing team schedules a 5:30 a.m. workout, the team must cease all required athletically related activities by 9:30 p.m. the evening before the morning workout.
- b. If a men's swimming and diving team has a 5 a.m. workout scheduled, the team must cease all required athletically related activities by 9 p.m. the evening before the morning workout.
- c. If a women's cross country team has a 6 a.m. workout scheduled, the team must cease all required athletically related activities by 10 p.m. the evening before the morning workout.

Question No. 2: Does the same eight-hour period need to be provided to all members of a particular team?

Answer: No. The eight-hour period may be determined on an individual basis.

Question No. 3: If a student-athlete is released from team obligations related to a home contest after 9 p.m., would the student-athlete be permitted to travel to away-from-home competition within the eight-hour period after being released from the home contest the previous evening?

Answer: Yes. An institution may schedule travel to an away-from-home contest within the eight-hour period after release following a home contest, if necessary.

Question No. 4: If a student-athlete does not travel with the team for an away-from-home contest, would he or she be precluded from engaging in required athletically related activities during the eight-hour period if the team returns to campus after 9 p.m.?

Answer: No. A student-athlete who does not travel with a team to an away-from-home competition will be allowed to engage in required athletically related activities within the eight-hour period after the team returns to campus. For example, if a basketball student-athlete does not travel with the team to an away-from-home contest, he or she would be permitted to participate in a shooting session with a coaching staff member at 6 a.m. even if the team returns to campus at 11 p.m. the previous night.

Question No. 5: May a student-athlete receive rehabilitative or preventative treatment from athletic training/sports medicine and attend medical appointments during the eight-hour period after home contests or a return to campus after 9 p.m.?

Answer: Yes. A student-athlete may participate in health and medical activities (e.g., medical evaluations or treatment for prevention and/or rehabilitation of injuries) during the eight-hour period.

Question No. 6: Is required drug testing considered a health or medical activity?

Answer: Yes.

Question No. 7: Are mental health evaluations and/or treatments considered health or medical activities?

Answer: Yes. Mental health evaluations and/or treatments are included in the “health and medical activities exception to the continuous eight-hour period restriction. Therefore, such evaluations and/or treatments may occur during the eight-hour period.

Question No. 8: May a student-athlete participate in academically related activities during the eight-hour period after home contests or a return to campus after 9 p.m.?

Answer: Yes. A student-athlete may participate in any activities that are academically related (e.g., meetings with academic advisor, tutoring sessions) during the eight-hour period.

Question No. 9: Would an institution be permitted to schedule team-building or team entertainment activities that require participation in activities that occur during the overnight period?

Answer: An institution has the discretion to schedule a team-building or team entertainment activity that requires participation in activities during the overnight period, as long as these activities are developed via the student-athlete time management plan collaboration process. The annual review process will also be used to identify any issues for correction in the time management plan for the subsequent year.

Question No. 10: How are “compliance meetings” defined as it relates to the list of required athletically related activities?

Answer: “Compliance meetings” include any meetings that are conducted by an institution’s compliance staff in which the primary purpose is to complete required forms and/or provide education on NCAA, conference and institutional rules. Meetings that occur with student-athletes on a case-by-case basis in which the primary purpose is to monitor or resolve compliance-related issues (e.g., high profile student-athletes, waivers, NCAA Division I Committee on Student-Athlete Reinstatement cases, investigations) are not “compliance meetings” for purposes of the legislation.

Question No. 11: Are student-athletes permitted to participate in NCAA Division I Student-Athlete Advisory Committee activities during the continuous eight-hour period when required athletically related activities are prohibited?

Answer: Yes.

Proposal No. 2016-136 Autonomy Proposal -- Playing and Practice Seasons -- Additional Days Off During the Academic Year.

Question No. 1: Does the postseason, seven-day discretionary period apply even if a sport completes its season during a vacation period (e.g., winter, spring, summer) or institutional study or finals period?

Answer: Vacation days may be used to fulfill the required seven-day period. If the end of the season occurs during a vacation period that continues for at least seven consecutive days, those days fulfill the requirement. If study days and/or final examination days occur in the seven days immediately after the end of the season, they will be included in the discretionary period.

Question No. 2: If classes begin at any point during the seven-day postseason discretionary period, must those days be counted toward meeting the requirement?

Answer: Yes. The institution is required to apply the seven-day postseason discretionary period even if a vacation period immediately following the season is fewer than seven days. The institution would count the seven days immediately after the conclusion of the season, which shall include both vacation days and class days.

Question No. 3: Will a student-athlete be allowed to meet with a coaching staff member for an end-of-season meeting during this seven-day discretionary period?

Answer: Individual end-of-season sessions with coaching staff members will be permissible during the seven-day discretionary period, provided the student-athlete and coach do not engage in any countable athletically related activities (e.g., film review, chalk talk, etc.).

Question No. 4: May a student-athlete whose sport permits coaches to be present for voluntary workouts via the safety exception still engage in voluntary workouts in the presence of a coaching staff member during the seven-day discretionary period?

Answer: Yes. A student-athlete in a sport that permits coaches to be present for voluntary workouts via the safety exception may still engage in voluntary workouts pursuant to the safety exception in the presence of coaching staff members during this period.

Question No. 5: During the seven-day postseason discretionary period, may an individual student-athlete or team participate in limited required athletically related activities as a result of their remarkable achievements during the season (e.g., winning a national championship, winning a national award)?

Answer: Required athletically related activities that celebrate and/or recognize the remarkable achievements of student-athletes (e.g., halftime recognition, media activities) are outside the scope of the legislation and may occur at the institution's discretion.

Question No. 6: How does the required seven-day discretionary period following the championship season apply to student-athletes in individual sports?

Answer: In individual sports, the days off must be provided on an individual basis once each individual student-athlete's season, including any postseason participation, is complete.

Question No. 7: In individual sports, may squad members considered necessary for effective practice by other student-athletes preparing for the NCAA championships

continue to practice during the seven-day discretionary period following the conclusion of their respective playing seasons?

Answer: Yes. Squad members considered necessary for effective practice by the other student-athletes preparing for the NCAA championships may continue to practice during the seven-day discretionary period following the conclusion of their respective playing seasons, provided the student-athletes receive a seven-day discretionary period immediately following their final practice. For example, if a tennis student-athlete participates in five days of additional practice immediately following the conclusion of his or her playing season to assist a fellow student-athlete in his or her preparation for the NCAA championships, the student-athlete's seven-day discretionary period would begin immediately following his or her final practice that assists a teammate in preparation for the NCAA championships.

Question No. 8: May an institution provide a student-athlete with any of the additional 14 required days off during vacation periods that occur during the playing season?

Answer: Yes. The institution may use any of the additional 14 required days off during a vacation period (e.g., summer, winter, spring vacation periods) that occurs during the declared playing season, including a preseason practice period before classes begin for a regular academic term, provided the additional days off count toward the playing season. For example, in basketball, days off provided during the winter vacation period may count toward the 14 additional days because the vacation period is part of the playing season.

Question No. 9: Pursuant to the legislation that governs the counting of days (e.g., 132/144/156) toward a season in sports other than basketball and football, it is permissible to exclude days of vacation, holiday and final exam periods during which no practice or competition occurs from counting toward the limit of days in the season. If an institution excludes such days from its season, may those days also be counted toward the 14 additional required days off?

Answer: No. Days used toward the 14 additional days off must be part of the playing season and, therefore, must be counted toward the limit on the number of days in the season.

Question No. 10: May an institution provide student-athletes with any of the additional 14 required days off during a vacation period that occurs outside the playing

season during a regular academic term or between regular academic terms (e.g., fall break, spring break)?

Answer: No. The days off must be provided outside of the playing season during a regular academic term while classes are in session and/or during the playing season.

Question No. 11: May an institution provide student-athletes with any of the additional 14 required days off during participation in a conference or postseason championship, NCAA championship, postseason bowl game, or National Invitational Tournament?

Answer: Yes. An institution may count a day without required athletically related activities during participation in a conference or postseason championship, NCAA championship, postseason bowl game, or National Invitational Tournament toward the additional 14 days off requirement since the institution is not otherwise required to provide a day off during weeks that include those events.

Question No. 12: May an institution provide student-athletes with any of the additional 14 required days off during a weekend (i.e., Saturday or Sunday)?

Answer: Yes.

Question No. 13: May an institution provide student-athletes with any of the additional 14 required days off during a study or final exam period that occurs during the playing season?

Answer: Yes. An institution may provide student-athletes with any of the additional 14 required days off during a study or final exam period that occurs during the declared playing season.

Question No. 14: May an institution provide student-athletes with any of the additional 14 required days off during a study or final exam period that occurs outside the playing season?

Answer: No. An institution may not count one of the additional 14 required days off when the day is already required to be free of required athletically related activities.

Question No. 15: Must the additional 14 days be consecutive?

Answer: No. The days may be provided individually or consecutively.

Question No. 16: In football, may an institution utilize days within its designated spring discretionary weeks to satisfy the 14 additional days off requirement?

Answer: Yes, provided those days are free from all required athletically related activities.

Question No. 17: In the case of a multisport student-athlete, would the institution be required to provide the student-athlete with 14 additional days off for each sport in which he or she participates?

Answer: No. In the case of a multisport student-athlete, the institution would be required to provide a minimum of 14 additional days off over the course of the academic year while classes are in session, regardless of the number of sports in which he or she participates.

Question No. 18: In the case of a multisport student-athlete, is the student-athlete prohibited from participating in required athletically related activities in a different sport during the seven-day discretionary period for another sport (e.g., cross country, indoor track, outdoor track)?

Answer: No. The student-athlete would be allowed to participate in required athletically related activities in a different sport during the seven-day discretionary period for another sport. For example, a student-athlete who recently completed his or her season in indoor track and field would be permitted to participate in required athletically related activities in outdoor track and field during the seven-day discretionary period following the end of the indoor track and field season.

Question No. 19: Must an institution provide the same 14 days off to all members of a particular team?

Answer: No. The 14 days may be selected and provided on an individual student-athlete basis.

Question No. 20: May a student-athlete participate in a scheduled meal (e.g., training table, meal or snack incidental to participation) during a designated day off?

Answer: Yes. A student-athlete may attend a scheduled meal during a designated day off.

Question No. 21: May a student-athlete participate as a student host or otherwise be required to participate in recruiting activities (e.g., campus tours, meals with recruits, accompany the student host) during his or her day off?

Answer: No.

Question No. 22: Are student-athletes permitted to participate in Student-Athlete Advisory Committee activities during the additional days off (i.e., seven-day period and the additional 14 days) when required athletically related activities are prohibited?

Answer: Yes.

Proposal No. 2016-137 Autonomy Proposal -- Playing and Practice Seasons -- Student-Athlete Time Management Plan.

Question No. 1: May an institution develop a different student-athlete time management plan for each sport it sponsors?

Answer: Yes. An institution may develop a unique student-athlete time management plan for each sport it sponsors.

Question No. 2: What is the deadline for each sport develop its student-athlete time management plan?

Answer: Each sport must develop its student-athlete time management plan by the first date of countable or required athletically related activity for a student-athlete in the sport or the institution's first date of classes for an academic year, whichever comes first.

Question No. 3: How much advanced notice must an institution provide regarding future scheduled activities to student-athletes for the notice to be considered "adequate notice?"

Answer: Each institution will have discretion to determine what constitutes adequate notice; however, it should be noted that the Division I Student-Athlete Advisory Committee recommended that schedules be provided to student-athletes a minimum of one week in advance.

Question No. 4: Who must be involved in the process of developing a team's schedule of countable athletically related activities and other required athletically related activities?

Answer: Each institution will have discretion to determine who will be involved in the process of developing a team's plan, however, at a minimum, a coaching staff member, a senior athletics department staff member, and at least one student-athlete representative shall be involved in the process.

Question No. 5: How much advanced notice must an institution provide to its student-athletes of a change in a previously established schedule for such notice to be considered “adequate notice?”

Answer: Each institution will have discretion to determine what constitutes adequate notice; however, it should be noted that the Division I Student-Athlete Advisory Committee recommended that a minimum of 24 hours’ notice should be provided for any schedule changes.

Question No. 6: Would a policy that allows a coach to change a previously established schedule on the day of a required activity, without an extenuating circumstance (e.g., weather), be considered a policy that provides adequate notice?

Answer: No. A policy that permits a coach to change a previously established schedule on the day of a required activity without an extenuating circumstance would not be considered as providing adequate notice to student-athletes of a change in schedule.

Question No. 7: May individuals other than the institution’s director of athletics, faculty athletics representative, head coach, and at least one student-athlete representative be involved in the end-of-year review process?

Answer: Yes; however, the director of athletics, faculty athletics representative and the head coach must be involved in the review (i.e., no substitutions or designees).

Proposal No. 2016-138 Autonomy Proposal -- Playing and Practice Seasons -- Required Day Off -- Playing Season -- Preseason Practice and Vacation Periods.

Question No. 1: Would an institution be required to provide a day off during a vacation period that is less than a week in duration (e.g., two or three days for Thanksgiving vacation) in addition to the standard one day off for the week during the playing season?

Answer: No. The effect of the legislation would be to eliminate the current exceptions to the one day off requirement for the preseason practice period and for vacation periods. Such periods would be treated the same as typical weeks during the season when classes are in session (other than during participation in one conference and postseason championship and any postseason bowl games or National Invitation Tournaments, and during participation in NCAA championships).

Proposal No. 2016-139 Autonomy Proposal -- Playing and Practice Seasons -- Off-Campus Practice During a Vacation Period Outside the Championship Season.

Question No. 1: Would this proposal restrict teams from practicing at their regular off-campus practice facilities during a vacation period outside of the championship playing season?

Answer: No. A team may engage in practice sessions at its regularly used off-campus practice facility within the locale of the institution (e.g., off-campus boathouse, off-campus football practice facility) during a vacation period outside of the championship playing season.