



JANUARY  
2016

**Interp. of Interest**

**Leave Terms**

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During a leave term (as opposed to a suspension or withdrawal), a student-athlete who remains on, or around campus, may continue to do ALL athletic activities with their team (practice, S&C workouts, meetings, film, AT treatment, etc.) except compete or receive travel expenses to/from competitions.

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# BIG GREEN COMPLIANCE NEWSLETTER

## Clemson to have less practice time than Bama

If No. 1-ranked Clemson is to defeat No. 2 Alabama in the College Football Playoff championship, the Tigers will have to do it with less practice time.

For the second consecutive season of the College Football Playoff, one team may benefit from unlimited practices and team meetings while the other must adhere to the NCAA's 20-hour rule limiting countable athletic activities.

This is because Alabama's spring semester starts Jan. 13 -- two days after the CFB Playoff title game on Jan. 11 (ESPN, 8:30 p.m. ET), while Clemson's spring semester begins Wednesday.

The Tigers are not restricted by the length of any practices/team meetings until Tuesday, but they are limited to a maximum of four hours a day beginning Wednesday, according to NCAA rules.

An ACC spokesperson confirmed to ESPN that Clemson will adhere to the practice limit. Because Alabama's spring semester doesn't start until after the title game, the Crimson Tide's countable athletic activities are not restricted by the NCAA's 20-hour weekly rule. In the week leading up to last season's title game, No. 4 Ohio State was able to conduct unlimited practices and team meetings, while No. 2 Oregon had to adhere to the NCAA rule because of the schools' different academic schedules.

Oregon coach Mark Helfrich said it was a "bit of an annoyance for competing teams to have different parameters," but said he didn't focus any energy on it. Ohio State linebacker Joshua Perry admitted it may have been an advantage for the Buckeyes.

"I would say the one thing that was advantageous to us was we weren't worried about getting a new syllabus or shaking a professor's hand and trying to figure things out for a semester," Perry said. "Is that a huge advantage? No, because you go the whole season doing the same thing anyway. You're in class and you've got to game plan."

During the bowl season, the NCAA's 20-hour limit is usually not a concern because teams are on holiday break. But this is the second consecutive year it has impacted one of the teams in the title game.

Practices, weightlifting and any film sessions or meetings required by coaches count toward the 20-hour limit. The game also counts as three hours, no matter how long it lasts.

*January, 2016, by Brett McMurphy*

## COMPLIANT ALL-STAR LINEUP OF THE MONTH

**Congratulations to the following who were the December  
“All-Star Lineup of the Month!”**



**Happy New Year!!**

**Right before the holiday break, these FIVE were on top of their game when it came to ensuring they were following the rules.**

**Congrats to you all, and keep up the great work everybody!!**

## Violation of the Month

### Facts of the Case

### IMPERMISSIBLE PUBLICIZING OF RECRUITS

During an out-of-season period, an assistant football coach (AC) used sport-related equipment during a conditioning drill outside of the playing season. Specifically, the AC used a foam-football to throw to student-athletes running routes as part of their conditioning drills. AC believed throwing a foam-football to the participants was permissible since it wasn't a real football and because no offensive or defensive alignments had been set up.

### Institutional Action

- Rules education was required to the entire coaching and S&C staff.
- Practice hours were reduced on a 2-for-1 basis once permissible practice resumed.

### Legislative References

- 17.1.7.2: Weekly Hour Limitations - Outside the Playing Season
- 17.1.7.2.4: Conditioning Activities.

**Please note, this violation did *not* occur at Dartmouth College.**

**This is for educational purposes only.**

# RECRUITING REMINDERS FOR THE MONTH OF JANUARY

## Baseball

Quiet period                      January 1-6  
    January 11-31  
 Dead period                      January 7-10

## Men's Basketball

Recruiting period                Entire month of January

## Women's Basketball

Evaluation period                Entire month of January

## Cross Country/ Track & Field

Quiet period                      January 1-2  
 Contact period                    January 3-31

## Football

Dead period                      January 1-3; 11-14  
 Quiet period                      January 10; 31  
 Contact period                    January 4-9; 15-30

## M. Lacrosse

Dead period                      January 1-3  
 Contact period                    January 4-18 (No evaluations)  
 Quiet period                      January 19-31

## W. Lacrosse

Quiet period                      January 1  
 Contact period                    January 2-31

## Softball

Quiet period                      January 1  
 Contact period                    January 2-31

## Volleyball

Quiet period                      January 1-15  
 Contact period                    January 16-31\*

\*In those states that play the high school volleyball season in the winter, contacts and evaluations shall be permissible January 1 through the Friday prior to the Presidents Weekend Tournaments.

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## Reminders for Coaches

### PRACTICE - Out-of-Season Sports:

- Max. of **2 hours** of **skill instruction** per week
  - ◆ No longer restricted by number of athletes at a time.
- Max. of **4 hours** of **conditioning** per week
  - ◆ If you do not conduct skill instruction in a given week, you can replace those 2 hours with conditioning.
- **CARA = Countable (Mandatory) Athletically Related Activities**
  - ◆ All CARA must stop (unless you have begun your championship season) 7 days prior to Winter Finals
  - ◆ Winter Finals begins = **March 11**
  - ◆ 7 Days Prior to Winter Finals begins= **March 4**
    - ◇ 7 days prior to Winter Finals are mandatory "Rest Period Days" for out-of-season sports!
  - ◆ LAST DAY OF CARA = **March 3**

### CONDITIONING - Out-of-Season Sports:

- Conditioning drills that may simulate game activities are permissible, provided no offensive or defensive alignments are set up and no equipment related to the sport is used. The only exceptions are:
  - ◆ In Ice Hockey, skates and helmets may be used
  - ◆ In Swimming & Diving, starting blocks/kickboards;
  - ◆ In Rowing, the ergometer.

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