



CAA COMPLIANCE MONTHLY

JANUARY 2009

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OFFICIAL VISIT REMINDERS

One Visit Limitation: A member institution may finance only one visit to its campus for a prospective student-athlete. (13.6.2.1)

Transfer Student: If a student-athlete attending a four-year institution desires to transfer, that institution must provide the required permission (per bylaw 13.1.1.3) before it is permissible for a second institution to provide the student-athlete one official visit to that institution's campus. (13.6.2.3.2)

48 Hour Period Defined: The 48-hour period of the official visit begins at the time the prospective student-athlete arrives on the institution's campus, rather than with the initiation of the PSA's transportation by a coach or the time the prospective student-athlete's arrival at the airport or elsewhere in the community. The PSA's transportation to and from campus must be without delay for personal reasons or entertainment purposes. The Institution may not pay any expenses for entertainment (other than the actual and reasonable cost of meals) in conjunction with the prospective student-athlete's transportation. At the completion of the 48-hour visit, the PSA must depart the institution's campus immediately; otherwise the institution may not pay any expenses incurred by the PSA upon departure from the institution's campus, including the cost of the prospective student-athlete's transportation home.

Cash to Prospective Student-Athletes: The institution or representatives of its athletics interests shall not provide cash to a prospective student-host for entertainment purposes.

Coach Accompanying Prospective Student-Athlete by Automobile: If a coach drives a PSA from his/her home or educational institution to campus for an official visit, then the 48 hour period begins when the coach begins transporting the prospective student-athlete and his or her parents or legal guardians, if applicable, to campus. A coach who makes an in-person, off-campus contact (any dialogue in excess of an exchange of a greeting) with that prospective student-athlete (or the prospective student-athlete's parents or guardians) during a permissible contact period prior to transporting the prospective student-athlete and his or her parents or legal guardians, if applicable, to campus for an official visit is charged with a countable contact. On completion of the 48 hour period, the coach shall terminate contact with the prospective student-athlete and his or her parents or legal guardians, if applicable, immediately.

NUTRITIONAL SUPPLEMENTS - NCAA MESSAGE

Excerpt of Bylaw **16.5.2 Permissible Benefits**. Identified housing and meal benefits incidental to a student's participation in intercollegiate athletics that may be financed by the institution are:

(g) **Nutritional Supplements.** An institution may provide only non-muscle building nutritional supplements to a student-athlete at any time for the purpose of providing additional calories and electrolytes, provided the supplements do not contain any NCAA banned substances. Permissible non-muscle building nutritional supplements are identified according to the following classes: Carbohydrate/electrolyte drinks, energy bars, carbohydrate boosters and vitamins and minerals.

MESSAGE FROM THE NCAA:

In accordance with NCAA Bylaw 16.5.2-[g], an institution may provide only non-muscle building supplements to a student-athlete for the purpose of providing additional calories and electrolytes, provided the supplements do not contain any NCAA banned substances. Permissible non-muscle building nutritional supplements are identified according to the following classes: Carbohydrates/electrolyte drinks, energy bars, carbohydrate boosters and vitamins and minerals.

Recently, a question has been raised as to whether an institution may provide **Fish Oil** [Omega-3 and Omega-6] to its student-athletes pursuant to the provisions of Bylaw 16.5.2-[g]. Please note that Fish Oil is a fatty acid and is not classified as a vitamin or mineral. Further, it would not satisfy any of the above mentioned categories designed to provide additional calories and electrolytes to student-athletes. In that regard, it would not be permissible for an institution to provide its student-athletes with fish oil. As with other supplements that do not satisfy the one of the permissible categories set forth in the legislation, a student-athlete may purchase such a supplement at any outside commercial establishment that sells the product at the retail value available to the general public. However, a student-athlete who elects to purchase any supplement from a commercial establishment should consult with appropriate institutional personnel and take appropriate steps to ensure that the supplement does not contain any banned NCAA banned substance.

CAA & GIRL SCOUTS PARTNERSHIP

RICHMOND, Va. (January 5th, 2009) – For the 15th consecutive year, the Colonial Athletic Association and Girl Scouts of the USA are teaming up for the “Be Your Best” partnership. Each CAA institution has designated a women’s basketball game this season as “Girl Scout Appreciation Day”, with the goal of teaching girls the many benefits that can be gained from participating in sports.

Girl Scouts are invited to attend the games and cheer for their favorite CAA team. A variety of activities is planned in conjunction with the games, including autograph sessions with players, instructional clinics with coaches and spirit contests. To receive the special admission, Girl Scouts must wear their uniforms (i.e., t-shirt or sweatshirt, pins) to the game.

“Girl Scout Appreciation Day” will be held on the dates listed below. For group admission information or further details, troop leaders should call the designated contact person at each institution.

Georgia State University vs. University of Delaware, **Sunday, January 11, 2009**

James Madison University vs. Virginia Commonwealth University, **Sunday, January 11, 2009**

The College of William & Mary vs. UNC Wilmington, **Sunday, January 11, 2009**

Hofstra University vs. the College of William & Mary, **Sunday, January 18, 2009**

Towson University vs. UNC Wilmington, **Sunday, January 18, 2009**

Drexel University vs. Towson University, **Sunday, January 25, 2009**

University of Delaware vs. Virginia Commonwealth University, **Sunday, February 8, 2009**

George Mason University vs. Georgia State University, **Sunday, February 8, 2009**

Old Dominion University vs. UNC Wilmington, **Sunday, February 8, 2009**

Virginia Commonwealth University vs. James Madison University, **Sunday, February 15, 2009**

Northeastern University vs. Drexel University, **Sunday, February 22, 2009**

University of North Carolina Wilmington vs. the College of William & Mary, **Sunday, February 22, 2009**

We encourage other sport programs to offer similar promotions to area Girl Scouts and Boy scouts.

OFFICIAL VISIT GENERAL RESTRICTIONS

An institution may provide entertainment, which may not be excessive, on the official visit only for a prospective-student athlete and the prospective student-athlete’s parents or legal guardians or spouse and only within a 30-mile radius of the institution’s main campus. Entertainment and contact by representatives of the institution’s athletics interests during the official visit are prohibited. It is not permissible to entertain other relatives or friends (including dates) of a PSA at any time at any site. It is permissible for an institution to pay a prospective student-athletes’ actual costs for reasonable expenses incurred while traveling to and from campus on the official visit.

Requirements for Official Visit: The following requirements must be met before an institution may provide an official visit to a prospective student-athlete:

1. A high school or preparatory school prospective student-athlete must present the institution with a score from a PSAT, SAT, PLAN or ACT taken on a national testing date under national testing conditions, except that a state administered ACT may be used to meet this requirement. The score must be presented through a testing agency document, on a high school or preparatory school academic transcript (official or unofficial) or through the use of the applicable testing agency’s automated voice system;
2. A prospective student-athlete must present this institution with a high school (or college) academic transcript;
3. A high school or preparatory school prospective student-athlete must register with the NCAA Eligibility Center; and
4. A high school or preparatory school student-athlete must be placed on the institution’s institutional request list (IRL) with the NCAA Eligibility Center.

RECRUITING CALENDAR

Cross Country/Track & Field

Jan 1-Jan 2 ~ Quiet Period
Jan 3-Jan 31 ~ Contact Period

Men's Basketball

Jan 1-Jan 31 ~ Evaluation Period

Women's Basketball

Jan 1-Jan 31 ~ Evaluation Period
*Not to exceed 100 recruiting person days.

Baseball

Jan 1 and Jan 7-31 ~ Quiet Period
Jan 2-Jan 6 ~ Dead Period

Softball

Jan 1 ~ Quiet Period
Jan 2-Jan 31 ~ Contact Period

Women's Volleyball

Jan 1-Jan 16 ~ Quiet Period
Jan 17-Jan 31 ~ Contact Period

Men's Lacrosse

Jan 1-Jan 4 ~ Contact Period, No Evaluations
Jan 5-Jan 19 ~ Quiet Period
Jan 20-Jan 31 ~ Contact Period

Women's Lacrosse

Jan 1 ~ Quiet Period
Jan 2- Jan 31 ~ Contact Period

Football, Championship Division

Jan 1 ~ Dead Period
Jan 2-Jan 4 ~ Quiet Period
Jan 5-Jan 10 ~ Contact Period
Jan 11 ~ Quiet Period
Jan 12-15 ~ Dead Period
Jan 16-Jan 17 ~ Quiet Period
Jan 18-Jan 31 ~ Contact Period



CAA UPDATE: The CAA is always looking for stories to post on the Student-Athlete Spotlight section of the CAA Website. These posts allow for great PR Opportunities to showcase our CAA Athletes helping in the community and various charitable organizations. Please email any stories and photos to Crobinson@caasports.com

HAPPY HOLIDAYS FROM THE CAA