2018-19 Student-Athlete Handbook

The Department of Intercollegiate Athletics

Mississippi College
Clinton, MS
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</table>
### 2018-19 Athletic Staff Directory

#### ADMINISTRATION & SUPPORT STAFF

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athletics Director</td>
<td>Mike Jones</td>
<td>3819</td>
<td><a href="mailto:jones01@mc.edu">jones01@mc.edu</a></td>
</tr>
<tr>
<td>Administrative Assistant</td>
<td>Missa Turman</td>
<td>3341</td>
<td><a href="mailto:turman@mc.edu">turman@mc.edu</a></td>
</tr>
<tr>
<td>Secretary</td>
<td>Jourdan Branning</td>
<td>3356</td>
<td><a href="mailto:ubranning@mc.edu">ubranning@mc.edu</a></td>
</tr>
<tr>
<td>Associate A.D./Compliance/SWA</td>
<td>Susan Musselwhite</td>
<td>3362</td>
<td><a href="mailto:musselwh@mc.edu">musselwh@mc.edu</a></td>
</tr>
<tr>
<td>Asst. A.D. for Athletic Development</td>
<td>Tim Fritts</td>
<td>7826</td>
<td><a href="mailto:tfritts@mc.edu">tfritts@mc.edu</a></td>
</tr>
<tr>
<td>Academic Advisor &amp; Asst. Compliance</td>
<td>Whitney Vance</td>
<td>7896</td>
<td><a href="mailto:wvance@mc.edu">wvance@mc.edu</a></td>
</tr>
<tr>
<td>Director-Transportation/Grounds</td>
<td>Grady Turman, Sr.</td>
<td>7363</td>
<td><a href="mailto:gturman@mc.edu">gturman@mc.edu</a></td>
</tr>
<tr>
<td>Equipment &amp; FB Operations</td>
<td>Tim Yancy</td>
<td>3806</td>
<td><a href="mailto:yancy@mc.edu">yancy@mc.edu</a></td>
</tr>
<tr>
<td>Faculty Athletics Representative</td>
<td>Dr. Steven Price</td>
<td>3333</td>
<td><a href="mailto:price@mc.edu">price@mc.edu</a></td>
</tr>
<tr>
<td>Admission's Office Liaison</td>
<td>Tori Langworthy</td>
<td>7637</td>
<td><a href="mailto:ilangworthy@mc.edu">ilangworthy@mc.edu</a></td>
</tr>
<tr>
<td>FCA</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sponsor</td>
<td>Justin Graves</td>
<td>7078</td>
<td><a href="mailto:graves@fca.org">graves@fca.org</a></td>
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#### CROSS COUNTRY/TRACK & FIELD

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Phone</th>
<th>Email</th>
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</thead>
<tbody>
<tr>
<td>Head Coach</td>
<td>Butch Ard</td>
<td>7653</td>
<td><a href="mailto:gard@mc.edu">gard@mc.edu</a></td>
</tr>
<tr>
<td>Asst. Coach</td>
<td>Matthew Reneker</td>
<td>3368</td>
<td><a href="mailto:mreneker@mc.edu">mreneker@mc.edu</a></td>
</tr>
<tr>
<td>Graduate Assistant</td>
<td>Lane Fletcher</td>
<td>7653</td>
<td><a href="mailto:flletcher@mc.edu">flletcher@mc.edu</a></td>
</tr>
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</table>

#### FOOTBALL

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
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</thead>
<tbody>
<tr>
<td>Head Coach</td>
<td>John Bland</td>
<td>3347</td>
<td><a href="mailto:jbland@mc.edu">jbland@mc.edu</a></td>
</tr>
<tr>
<td>Asst. Coach</td>
<td>Micheal Collins</td>
<td>3343</td>
<td><a href="mailto:mcollins@mc.edu">mcollins@mc.edu</a></td>
</tr>
<tr>
<td>Asst. Coach</td>
<td>Ricky Herzog</td>
<td>7778</td>
<td><a href="mailto:rherzog@mc.edu">rherzog@mc.edu</a></td>
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#### ATHLETIC COMMUNICATIONS - SPORTS INFORMATION

<table>
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<tr>
<th>Role</th>
<th>Name</th>
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<tbody>
<tr>
<td>Asst. Coach</td>
<td>Paul Rasmussen</td>
<td>3470</td>
<td><a href="mailto:prasmussen@mc.edu">prasmussen@mc.edu</a></td>
</tr>
<tr>
<td>Asst. A.D. - Sports Information</td>
<td>David Nichols</td>
<td>3234</td>
<td><a href="mailto:nichols@mc.edu">nichols@mc.edu</a></td>
</tr>
<tr>
<td>Asst. Sports Information</td>
<td>Kyle Lewis</td>
<td>7890</td>
<td><a href="mailto:klewls1@mc.edu">klewls1@mc.edu</a></td>
</tr>
<tr>
<td>Graduate Assistant</td>
<td>Hunter Bolin</td>
<td>3234</td>
<td><a href="mailto:jhbolin@mc.edu">jhbolin@mc.edu</a></td>
</tr>
<tr>
<td>Director of Broadcasting</td>
<td>Reid Vance</td>
<td>3490</td>
<td><a href="mailto:vance@mc.edu">vance@mc.edu</a></td>
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#### ATHLETIC TRAINING - SPORTS MEDICINE

<table>
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<tr>
<th>Role</th>
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<tbody>
<tr>
<td>Asst. A.D. for Sports Medicine</td>
<td>Matt Verret</td>
<td>3345</td>
<td><a href="mailto:verret@mc.edu">verret@mc.edu</a></td>
</tr>
<tr>
<td>Asst. Athletic Trainer</td>
<td>Alicia Thornburg</td>
<td>7361</td>
<td><a href="mailto:thornbur@mc.edu">thornbur@mc.edu</a></td>
</tr>
<tr>
<td>Asst. Athletic Trainer</td>
<td>Hudson Byrnes</td>
<td>7641</td>
<td><a href="mailto:whyrnes@mc.edu">whyrnes@mc.edu</a></td>
</tr>
<tr>
<td>Graduate Assistant</td>
<td>Adrian Dennis</td>
<td>7362</td>
<td><a href="mailto:adennis@mc.edu">adennis@mc.edu</a></td>
</tr>
<tr>
<td>Graduate Assistant</td>
<td>Jacob Hardy</td>
<td>7362</td>
<td><a href="mailto:jhardy@mc.edu">jhardy@mc.edu</a></td>
</tr>
<tr>
<td>Graduate Assistant</td>
<td>Hayley Johnson</td>
<td>7362</td>
<td><a href="mailto:ihjohnson4@mc.edu">ihjohnson4@mc.edu</a></td>
</tr>
</tbody>
</table>

#### GOLF

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
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<tbody>
<tr>
<td>Head Coach</td>
<td>John McMahon</td>
<td>3810</td>
<td><a href="mailto:jmcmath@mc.edu">jmcmath@mc.edu</a></td>
</tr>
<tr>
<td>Associate Head Coach</td>
<td>Ethan Doan</td>
<td>7829</td>
<td><a href="mailto:edoan@mc.edu">edoan@mc.edu</a></td>
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</table>

#### MEN'S SOCCER

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Phone</th>
<th>Email</th>
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<tbody>
<tr>
<td>Head Coach</td>
<td>Kevin Johns</td>
<td>3934</td>
<td><a href="mailto:kjohns@mc.edu">kjohns@mc.edu</a></td>
</tr>
<tr>
<td>Asst. Coach</td>
<td>Carl Sheard</td>
<td>3934</td>
<td><a href="mailto:cshard@mc.edu">cshard@mc.edu</a></td>
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#### STRENGTH & CONDITIONING - SPORTS PERFORMANCE

<table>
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<tr>
<th>Role</th>
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<tbody>
<tr>
<td>Asst. A.D. for Sports Performance</td>
<td>Michael Shumaker</td>
<td>7781</td>
<td><a href="mailto:mishumaker@mc.edu">mishumaker@mc.edu</a></td>
</tr>
<tr>
<td>Asst. Strength &amp; Conditioning</td>
<td>Carissa Bell</td>
<td>7781</td>
<td><a href="mailto:cbell14@mc.edu">cbell14@mc.edu</a></td>
</tr>
<tr>
<td>Graduate Assistant</td>
<td>Jonathan Barber</td>
<td>7781</td>
<td><a href="mailto:jbarber@mc.edu">jbarber@mc.edu</a></td>
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#### WOMEN'S SOCCER

<table>
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<tr>
<th>Role</th>
<th>Name</th>
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<tbody>
<tr>
<td>Head Coach</td>
<td>Darryl Longabaugh</td>
<td>3892</td>
<td><a href="mailto:dlongabaugh@mc.edu">dlongabaugh@mc.edu</a></td>
</tr>
<tr>
<td>Associate Head Coach</td>
<td>Adam Johnson</td>
<td>7640</td>
<td><a href="mailto:ajohnson@mc.edu">ajohnson@mc.edu</a></td>
</tr>
<tr>
<td>Graduate Assistant</td>
<td>Jorge Alvarez</td>
<td>7638</td>
<td><a href="mailto:jalvarezprendes@mc.edu">jalvarezprendes@mc.edu</a></td>
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#### BASEBALL

<table>
<thead>
<tr>
<th>Role</th>
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<tbody>
<tr>
<td>Head Coach</td>
<td>Jeremy Haworth</td>
<td>3346</td>
<td><a href="mailto:jhaworth@mc.edu">jhaworth@mc.edu</a></td>
</tr>
<tr>
<td>Asst. Coach</td>
<td>Josh Perez</td>
<td>3353</td>
<td><a href="mailto:perez@mc.edu">perez@mc.edu</a></td>
</tr>
<tr>
<td>Asst. Coach</td>
<td>Grady Turman, Jr</td>
<td>7828</td>
<td><a href="mailto:gturman@mc.edu">gturman@mc.edu</a></td>
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#### MEN'S BASKETBALL

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<tr>
<th>Role</th>
<th>Name</th>
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<tbody>
<tr>
<td>Head Coach</td>
<td>Don Lofton</td>
<td>3362</td>
<td><a href="mailto:dlofton@mc.edu">dlofton@mc.edu</a></td>
</tr>
<tr>
<td>Asst. Coach</td>
<td>Mackenzie Sher</td>
<td>7887</td>
<td><a href="mailto:mcher@mc.edu">mcher@mc.edu</a></td>
</tr>
<tr>
<td>Graduate Assistant</td>
<td>Otis Harvey</td>
<td>3365</td>
<td><a href="mailto:ocharvey@mc.edu">ocharvey@mc.edu</a></td>
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#### WOMEN'S BASKETBALL

<table>
<thead>
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<tbody>
<tr>
<td>Head Coach</td>
<td>Paul Allen Duke</td>
<td>3360</td>
<td><a href="mailto:duke@mc.edu">duke@mc.edu</a></td>
</tr>
<tr>
<td>Asst. Coach</td>
<td>Jalesa Taylor</td>
<td>3363</td>
<td><a href="mailto:taylor18@mc.edu">taylor18@mc.edu</a></td>
</tr>
<tr>
<td>Graduate Assistant</td>
<td>Alexis Sturgis</td>
<td>3363</td>
<td></td>
</tr>
</tbody>
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#### TENNIS

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
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</thead>
<tbody>
<tr>
<td>Head Coach</td>
<td>David Boteler</td>
<td>3959</td>
<td><a href="mailto:dboteler@mc.edu">dboteler@mc.edu</a></td>
</tr>
<tr>
<td>Associate Head Coach</td>
<td>Adam Johnson</td>
<td>7640</td>
<td><a href="mailto:ajohnson@mc.edu">ajohnson@mc.edu</a></td>
</tr>
<tr>
<td>Graduate Assistant</td>
<td>Macy Riley</td>
<td>7885</td>
<td><a href="mailto:mriley@mc.edu">mriley@mc.edu</a></td>
</tr>
</tbody>
</table>

#### VOLLEYBALL

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Head Coach</td>
<td>Shawna Laurendine</td>
<td>3357</td>
<td><a href="mailto:slaurendine@mc.edu">slaurendine@mc.edu</a></td>
</tr>
<tr>
<td>Asst. Coach</td>
<td></td>
<td>3357</td>
<td></td>
</tr>
<tr>
<td>Graduate Assistant</td>
<td>Grace Harris</td>
<td>3357</td>
<td><a href="mailto:gaharris@mc.edu">gaharris@mc.edu</a></td>
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</table>

#### CHEERLEADING

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Phone</th>
<th>Email</th>
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</thead>
<tbody>
<tr>
<td>Sponsor</td>
<td>Michele Ricker</td>
<td>3925</td>
<td><a href="mailto:mricker@mc.edu">mricker@mc.edu</a></td>
</tr>
<tr>
<td>Asst. Coach</td>
<td></td>
<td>3357</td>
<td></td>
</tr>
<tr>
<td>Graduate Assistant</td>
<td>Maurizio Brighi</td>
<td>3925</td>
<td><a href="mailto:mbrighi@mc.edu">mbrighi@mc.edu</a></td>
</tr>
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#### VOLLEYBALL

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<tr>
<th>Role</th>
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<tbody>
<tr>
<td>Asst. Coach</td>
<td></td>
<td>3357</td>
<td></td>
</tr>
<tr>
<td>Graduate Assistant</td>
<td>Grace Harris</td>
<td>3357</td>
<td><a href="mailto:gaharris@mc.edu">gaharris@mc.edu</a></td>
</tr>
</tbody>
</table>
MESSAGE FROM THE ATHLETIC DIRECTOR

It is my pleasure to welcome you to Mississippi College. On behalf of our coaches and staff, we are very glad you have chosen to join our team.

Being a Choctaw carries much responsibility and high expectations, but it also holds many rewards. Mississippi College is well known for its strong academic excellence and we feel our athletic programs are equally recognized because of our accomplishments in the conference, regionally and nationally.

Our commitment is to provide you with the tools, the facilities, and the leadership that creates an opportunity for you to be successful in the classroom as well as in field of play. In return, we expect your commitment to represent our Christian university in a positive manner.

Our commitment is also to create an atmosphere of compliance with regards to the rules and regulations established by the National Collegiate Athletic Association (NCAA), which governs Division II athletics. Due to the significant number of rules and regulations, it is possible that at some point during your enrollment that you may be involved in or have knowledge of a potential rule violation. In an effort to uphold the integrity of intercollegiate athletics, you have a responsibility to report any such violation. If you have questions about the rules or need to report a possible violation talk to your coach, the Athletic Director, the Assistant Athletic Director for Compliance or the Faculty Athletics Representative (FAR). In the event you are ever questioned about a possible violation, you should always be honest and forthcoming with information to assist in the process.

This Student-Athlete Handbook has been assembled to serve as a resource regarding NCAA rules in specific areas as well as other important information. You are expected to familiarize yourself with the information and adhere to these policies and procedures.

Athletic participation is a privilege that must be earned through hard work, integrity, academic progress and a winning attitude. I wish each of you the best of luck in both your academic as well as your athletic endeavors.

Go Choctaws!

Mike Jones
Athletic Director
On August 1, 2015 Mississippi College became a tobacco-free campus. Additionally, Bylaw 11.1.5 of the NCAA Division II manual states that “the use of tobacco products is prohibited by all game personnel (ex: coaches, players, trainers, managers, and game officials) in all sports during practice and competition.”

Therefore, all students should refrain from using tobacco products on campus. If you need help in breaking this habit, please see the student counseling center for assistance.

Student Counseling & Disability Services
Alumni Hall 4th Floor
www.mc.edu/offices/counseling
601.925.7790
Mississippi College students are expected to be scrupulously honest. Dishonesty, such as cheating or plagiarism, or furnishing false information, including forgery, alteration or misuse of University documents, records or identification, will be regarded as serious offense subject to severe penalty, including, but not limited to, loss of credit and possible dismissal.

The term “academic honesty” which includes but it is not limited to prohibitive acts such as “plagiarism” and “cheating” is addressed in Policy 2.19: Academic Honesty in the Mississippi College Policies and Procedures Manual. The following is taken from that policy:

**Cheating** - cheating on examinations, shall include, but not be limited to: (a) taking answers from another students’ paper or allowing answers to be taken from one’s own paper during an examination or quiz; (b) the use of notes or any other aid not specifically allowed or approved by the instructor; (c) unauthorized access to an administered examination or quiz and dissemination of same; (d) collaboration on take-home examinations unless specifically approved by the instructor. Cheating on course assignments, shall include, but not be limited to: (a) receiving editorial assistance beyond that expressly allowed by the instructor; (b) collaborating with another person in the preparation of any assignment offered for credit when such collaboration is prohibited by the instructor; (c) submitting the same work for credit in more than one course, regardless of whether or not such submission occurs within the same term. An exception may be granted if the student receives written permission in advance from his/her instructor(s).

**Plagiarism** - no student shall submit as his or her own work any term paper, research paper, thesis or other academic assignment of original work that in any part is not in fact his/her own work. Knowingly using the ideas of another person and offering them as one’s own original ideas is prohibited by this policy to the same extent as knowing using the words of another writer and offering them as one’s own original writing.

**Other Academic Misconduct** - other academic misconduct shall include, but not be limited to: (a) unauthorized access to an/or the alteration of school records, including but not limited to, transcripts, grade books, class rolls, and grade reports. This prohibition extends to all such records of the university, including those which are stored and maintained electronically; (b) submitting any assignment for credit which is based in part or in total on data which is either fabricated or manufactured; (c) misrepresenting one’s self for the purpose of taking an examination for another student or allowing such representation to occur; (d) the forgery, alteration, and/or misuse of university documents, including student identification cards with intent to defraud, deceive, or mislead; (e) providing false information or misleading information to avoid penalties for unexcused or excessive absences in any class or to obtain permission to drop a course without penalty after the established drop date.
The National Collegiate Athletic Association (NCAA) is the primary association that governs and controls Intercollegiate Athletics on the national level.

Mississippi College is a member of the Gulf South Conference. Gulf South Conference member institutions include:

- Auburn University at Montgomery
  Montgomery, Alabama (Fall 2019)
- Shorter University
  Rome, Georgia
- University of Alabama in Huntsville
  Huntsville, Alabama
- Union University
  Jackson, Tennessee
- Christian Brothers University
  Memphis, Tennessee
- Valdosta State University
  Valdosta, Georgia
- Delta State University
  Cleveland, Mississippi
- University of West Alabama
  Livingston, Alabama
- Lee University
  Cleveland, Tennessee
- University of West Florida
  Pensacola, Florida
- University of West Georgia
  Carrollton, Georgia

*Florida Institute of Technology and North Greenville (affiliate members in Football)
*Spring Hill College (affiliate member in Men & Women’s Soccer and Women’s Golf)
NCAA DIVISION II PHILOSOPHY

Members of Division II believe that a well-conducted intercollegiate athletics program, based on sound educational principles and practices, is a proper part of the educational mission of a university and that the educational well-being and academic success of the participating student-athlete is of primary concern. Members of Division II support the following principles in the belief that these obligations assist in defining the division. A member of Division II:

- Believes in promoting the academic success of its Student-Athletes, measured in part by an institution’s student-athletes graduating at least at the same rate as the institution’s student body;
- Believes that participation in intercollegiate athletics benefits the educational experience of its Student-Athletes and the entire campus community;
- Offering opportunities for intercollegiate athletics participation consistent with the institution’s mission and philosophy;
- Believes that championships are intended to provide national-level competition among eligible Student-Athletes and teams of member institutions;
- Believes that preparing Student-Athletes to be good citizens, leaders and contributors in their communities;
- Believes that striving for equitable participation and competitive excellence, encouraging sportsmanship and ethical conduct, enhancing diversity and developing positive societal attitudes in all of its athletics endeavors;
- Believes that institutional staff members, including presidents and athletics personnel, shall hold prospective and enrolled Student-Athletes and themselves to the highest standards of personal conduct at all times, including exemplary behavior that reflects respect for the rights and dignity of opponents, teammates, officials, other students and the community at-large;
- Believes in scheduling the majority of its athletics competition with other members of Division II, insofar as regional qualification, geographical location and traditional or conference scheduling patterns permit;
- Recognizes the need to “balance” the role of the athletics program to serve both the institution (e.g., participants, student body, faculty-staff) and the general public (e.g., community, area, state);
- Offering an opportunity for participation in intercollegiate athletics by awarding athletically related financial aid to its student-athletes;
- Believes that institutional control is a fundamental principle that supports the educational mission of a Division II institution and assumes presidential involvement and commitment. All funds supporting athletics should be controlled by the institution. The emphasis for an athletics department should be to operate within an institutionally approved budget and compliance with and self-enforcement of NCAA regulations is an expectation of membership.

LIFE IN THE BALANCE
Higher education has lasting importance on an individual’s future success. For this reason, the emphasis for the Student-Athlete experience in Division II is a comprehensive program of learning and development in a personal setting. The Division II approach provides growth opportunities through academic achievement, learning in high-level athletic competition and development of positive societal attitudes in service to community. The balance and integration of these different areas of learning opportunity provide Division II Student-Athletes a path to graduation while cultivating a variety of skills and knowledge for life ahead.

DIVISION II ATTRIBUTES

**LEARNING** – Multiple opportunities to broaden knowledge and skills
**BALANCE** – Emphasis on collective knowledge, integration of skills
**RESOURCEFULNESS** – Versatile skill set drawn from broad range of experiences
**SPORTSMANSHIP** – Respect for fairness, courtesy, ethical conduct toward others
**PASSION** – Enthusiastic dedication and desire in effort
**SERVICE** – Positive societal attitude through contributions to community
GULF SOUTH CONFERENCE

CONFERENCE STUDENT ATHLETE ADVISORY COMMITTEE
Each GSC institution must sponsor a Student-Athlete Advisory Committee (SAAC) on its own campus, comprised of at least one student-athlete from each of the GSC Championship sports it conducts at the varsity level. The Chair of that campus SAAC, or an institutionally approved designee, serves as its representative to the GSC Student-Athlete Advisory Committee (GSC SAAC).

A. The GSC SAAC shall meet with the Commissioner at least once a year to discuss issues of importance to the Student-Athletes of the Conference, focusing primarily on Student-Athlete welfare.

B. The NCAA selects the GSC Chair from nominees submitted to the NCAA. The Chair serves as the GSC’s National SAAC representative and must attend the December and June Athletic Director/Senior Woman Administrators Meetings, the Annual Board Meeting, and the entire annual GSC SAAC meeting or send a designee approved by the GSC Commissioner. If the SAAC Chair incurs two unexcused absences in the same academic year (July 1-June 30), that Chair shall be replaced. An absence is considered excused if an approved designee attends, or if there is a death, illness or other emergency.

CONFERENCE AWARDS
The Gulf South Conference annually awards the following:

- **All-GSC Team**: For each conference sport: For sports in which All-Conference selection is based on finish in an event (cross country), selection is automatic. In all other sports, student-athletes must be nominated. Also, in sports in which the honors are selected by position, the nominee must have played in at least 50% of her/his team’s games at that position.

- **All-Academic Team**: Nominees must have an overall grade point average (GPA) of 3.20 or better on a 4.00 scale for their entire academic career and may not be freshmen or first-semester or quarter transfers. The Student-Athlete must be a significant contributor to the squad. Other factors include leadership, community service and extra-curricular activities.

- **All-Sports Trophy**: Each year the Conference will award the Men’s All-Sports Trophy and the Women’s All-Sports Trophy based on each school’s performance across every league sport. Sports will be ranked by regular season finish and by tournament finish (two separate calculations).

- **Top Ten**: Each year the Conference will select at least five men and five women as its "Top Ten" Award winners based on the criteria used for the Commissioner's Trophy, with the most outstanding male and female earning the Commissioner's Trophies.

- **GSC Commissioner’s Trophy**: Each year the Conference recognizes the most outstanding male and female athlete with the presentation of its most prestigious award: The Commissioner's Trophy. The criteria extend beyond outstanding athletic ability to include leadership qualities, school and community service, academic success, character and sportsmanship.
GSC - CODE OF CONDUCT AND ETHICAL BEHAVIOR

1. Exemplary conduct is expected from every Gulf South Conference member institution’s representatives, whether employees, volunteers or competitors, while traveling to and from an event, during all pre-event and post-event functions and practices, and during the entire event. This standard applies whether or not the opponent is a GSC member.

2. The “Good Sportsmanship” statement found in the GSC Operating Manual, or a customized similar statement approved by the Commissioner, will be read over the public address at all events hosted by every GSC member.

3. No GSC member institution student-athletes, coaches or athletic personnel will make any negative statements, chatter, gestures or signs towards the opposing team and its members.

4. In cases in which other GSC member institutions are involved in the same event, GSC member schools’ coaches, athletics administrators and employees, and Student-Athletes may only support other GSC schools during their competition against non-GSC foes OR remain silent. There shall be no open rooting for the non-GSC teams nor any public negative rooting against fellow GSC teams.

5. It is expected that these rules will be enforced in competitions involving non-GSC members to the greatest extent possible.

The failure to comply with this Code of Conduct and Ethical Behavior Penalties may include suspensions, fines, probation, banning from events or teams, vacating championships and awards, or any other penalties not specifically covered in the GSC Operating Manual.

UNSPORTSMANLIKE CONDUCT POLICY

The Gulf South Conference prohibits unsportsmanlike conduct by student-athletes, coaches, spectators, administrators, staff or officials. The Commissioner shall penalize unsportsmanlike conduct, whether during the regular season, GSC Championships and Playoffs, or NCAA Regionals and Championships.

Unsportsmanlike conduct includes, but is not limited to:

- Physical and oral acts
- Written or spoken words or other actions that would incite participants and those in attendance
- Threatening gestures and/or words
- Obscenities, and race, religious, nationality or sex based statements (spoken, signed, gestured, written or printed)
- Public criticism of officials, conference officers, the Conference in general, and other member institutions and their employees
- Confrontations between officials and student-athletes, coaches, or confrontations between student-athletes from opposing teams and/or coaches from opposing teams.
- Baiting or taunting
- Any other act of omission or commission that would discredit the institution, sport, conference or NCAA.

The Commissioner has final judgment as to what constitutes an act of unsportsmanlike conduct.

Reporting Unsportsmanlike Conduct:

Any flagrant unsportsmanlike conduct by student-athletes, coaches, administrators, staff or spectators at an athletic event must be reported by the Athletic Director, FAR or CEO of the involved institution to the Commissioner within 24 hours of the incident. This specifically includes the ejection of any player, head or assistant coach, staff member, graduate assistant, etc., regardless of the reason for the ejection.

If the Commissioner is present at an event and observes the unsportsmanlike conduct first-hand, the Commissioner may immediately penalize the offending party or parties. This may include suspension from the event, removal from the facility, etc.
MISSISSIPPI COLLEGE PHILOSOPHY STATEMENT FOR INTERCOLLEGIATE ATHLETICS

The philosophy of intercollegiate athletics at Mississippi College is inherent to, and compatible with, the mission statement of Mississippi College. Particularly relevant to intercollegiate athletics at Mississippi College is the part of the mission statement which reads: “The mission of the College is to provide an opportunity for its students to realize personal values, achieve social competence, and prepare for a life of useful service. This mission is expressed as the College provides courses, activities, and an environment which stimulate the intellectual, spiritual, social, emotional, and physical development of its students.”

It is in keeping with the mission of Mississippi College that the Board of Trustees voted in 2012 for the university to seek to return as a member of Division II of the National Collegiate Athletic Association in the fall of 2013. Mississippi College is committed to the following NCAA Division II principles:

(a) Promoting the academic success of our student-athletes.
(b) Participating in intercollegiate athletics to benefit the educational experience of our student-athletes and the entire campus community.
(c) Preparing student-athletes to be good citizens, leaders and contributors in their communities.
(d) Holding prospective and enrolled student-athletes and themselves (including the president and athletics personnel) to the highest standards of personal conduct at all times, including exemplary behavior that reflects respect for the rights and dignity of opponents, teammates, officials, other students and the community at large.
(e) Offering an opportunity to participate in intercollegiate athletics by awarding athletically related financial aid to its student-athletes.
(f) Balancing the role of the athletics program to serve both the institution and the general public.
(g) Maintaining institutional control is a fundamental principle that supports the educational mission of a Division II institution and assumes presidential involvement and commitment. Therefore, all funds supporting athletics will be controlled by the institution, and will operate within the institutionally approved budget.

Mississippi College, as well as the members of Division II believe that a well-conducted intercollegiate athletics program, based on sound educational principles and practices, is a proper part of the educational mission of a university and that the educational well-being and academic success of the participating student-athlete is of primary concern.

Intercollegiate athletics at Mississippi College are committed to adhering to the rules and regulations, as well as, the expectation of self-enforcement of the National Collegiate Athletic Association (NCAA) and the Gulf South Conference (GSC).

ATHLETIC DEPARTMENT MISSION STATEMENT

The purpose of the Department of Intercollegiate Athletics at Mississippi College is to enhance the educational experiences of our student-athletes and to benefit the entire campus community. Our mission is to promote the spiritual, social, emotional and physical development of our student-athletes while embracing the Division II model for a balanced program of learning and development. Our primary focus is to provide a supportive environment which will enable student-athletes to successfully complete all academic requirements for their particular field of study and to provide opportunities that will allow them to utilize their skills, talents and abilities to become good citizens, leaders and contributors in their communities.
GRIEVANCE PROCEDURES

Mississippi College places a priority on the fair treatment of student-athletes and providing a safe environment for the well-being of our student-athletes. If you have a problem with a coach, another student-athlete or another athletic department staff member or feel you are being treated unfairly, the following steps are encouraged to reach a resolution to the conflict. If the conflict is a result of hazing or sexual assault, please refer to the procedures in those sections of this manual.

Steps to conflict resolution

1. Address the issue with the person(s) you are having the problem with first. If this unsuccessful you should discuss the problem with a team captain. If you do not feel comfortable discussing the issue with your team captain, or if the issue involves your team captain, see step #2.

2. Talk to a member of your coaching staff, either an Assistant Coach or the Head Coach. If you do not feel comfortable going to your coach or if the problem involves a member of your coaching staff, see step #3.

3. Schedule a meeting to talk to the Athletic Director or Senior Woman Administrator (SWA). If you would like to speak with someone outside of the Athletic Department or if the problem involves the Athletic Director or SWA, take the issue to the Faculty Athletics Representative (FAR).

If the issue does not involve athletic department matters, you may want to discuss the issue with your Resident Assistant (RA) or Resident Director (RD) or the Associate Dean of Students. If the conflict warrants it, and a formal complaint is filed, the Associate Dean of Students will proceed with the campus judicial procedures that are posted in the Tomahawk.

HAZING

Mississippi College opposes any situation intended to produce mental or physical discomfort, embarrassment, harassment, or ridicule. The University interprets hazing as any act, whether physical, mental, emotional or psychological, that subjects another person, voluntarily or involuntarily, to anything that may abuse, mistreat, degrade, humiliate, harass, or intimidate an individual, or which may in any fashion compromise an individual’s inherent dignity as a person.

In addition, any requirements by a staff member or student which compels another staff member or student to participate in any activity that is against University policy, state or federal law, will be defined as hazing. It is the right of every student on this campus to be free from the humiliation and danger of hazing.

Procedures for dealing with hazing are as follows:

1. If actual or perceived hazing is discovered, players should immediately notify their Head Coach. If a coach from their respective sport is involved, the player should notify the Office of Public Safety, the Athletic Director, Senior Woman Administrator or the Faculty Athletics Representative.

2. Coaches should immediately stop the activity and/or notify the Athletic Director, Senior Woman Administrator, or the Faculty Athletics Representative.

3. The University will investigate all such complaints thoroughly, impartially, and promptly. If an investigation confirms that hazing has occurred, the University will take corrective action, up to and including expulsion or termination.
SEXUAL HARASSMENT

Mississippi College is committed to maintaining an environment that is free from sexual harassment. In keeping with this commitment, we do not tolerate sexual harassment by anyone, including students, faculty, staff or vendors of the University. The Office of Civil Rights of the U.S. Department of Education defines sexual harassment under Title IX of the Education Amendments of 1972 as consisting of “verbal or physical conduct of a sexual nature, imposed on the basis of sex, by an employee or agent of a recipient that denies, limits, provides different, or conditions the provision of aid, benefits, services, or treatment protected under Title IX.”

Sexual harassment consists of unwelcome sexual advances, requests for sexual favors, and other verbal, physical, or visual conduct based on sex when: (1) submission to such conduct is made either explicitly or implicitly as a term or condition of an individual’s employment or education; (2) submission to or rejection of such conduct by an individual is used as the basis for academic or employment decisions affecting the individual; or (3) such conduct has the purpose or effect of substantially interfering with an individual’s academic or professional performance or creating an intimidating, hostile, or offensive employment or educational environment. Sexual harassment encompasses any sexual attention that is unwanted and can take many forms, but most sexual harassment falls into three categories: verbal, visual, and physical.

Sexual harassment is especially serious when it threatens relationships between teacher and student, or a supervisor and subordinate. In such situations, sexual harassment exploits unfairly the power inherent in a faculty member’s or supervisor’s position. Through grades, wage increases, recommendations for graduate study, promotion, and the like, a teacher or supervisor can have a decisive influence on a student’s, staff members, or faculty member’s career at the University and beyond. While sexual harassment most often takes place in situations involving a power differential between persons, Mississippi College also recognizes that sexual harassment may occur between persons of the same status within the University. Mississippi College will not tolerate behavior between or among members of the University community that creates an unacceptable work or educational environment.

If an employee or a student has experienced or witnessed sexual harassment in any University context, either as an employee of the University, from a student peer, from a faculty member, from a staff member or as a student volunteer or intern at an off-campus site follow the procedures below.

Procedures for dealing with sexual harassment are as follows:
1. Inform the harasser that the conduct is unwelcome and must stop.
2. If the employee/student does not wish to confront the harasser, or, if confrontation has not been effective, the student should report the incident to the University Title IX & Sexual Harassment Officer.
3. The Mississippi College Title IX & Sexual Harassment Officer is the Vice President for Planning & Assessment and Dean of the Graduate School, Dr. Debbie Norris, second floor, office 202 in Nelson Hall, or at 601-925-3260.
4. The University will investigate all such complaints thoroughly, impartially, and promptly. The University will keep all complaints and the terms of their resolutions, as confidential as reasonably possible. If an investigation confirms that harassment has occurred, the University will take corrective action, up to and including expulsion or termination.

Procedures for dealing with sexual assault are as follows:
1. The employee or student should contact the Office of Public Safety.
2. The Office of Public Safety will file a campus incident report and notify the Clinton Police Department if the victim desires to press charges.
3. The University will keep all complaints and the terms of their resolutions, as confidential as reasonably possible. If an investigation confirms that assault has occurred, the University will take corrective action, up to and including expulsion or termination.
Sexual Misconduct includes: sexual harassment, sexual assault, sexual coercion, stalking, domestic or dating violence.

What to Do If Someone Tells You They Have Experienced Sexual Misconduct
1. Offer them support. Listen to them and encourage them to seek help and counseling as soon as possible.
2. The person’s health and safety should be your primary concern. If the person’s safety is an immediate concern, contact Campus Public Safety at 601.925.3204 or call 911.
3. Report the incident in accordance with the policy located in this guide.

Why Do I Need to Report?
- To ensure that the complaint has access to all of the available resources.
- To help identify individuals displaying patterns of behavior.
- To identify and address any trends or systemic problems.
- To keep our campus safe.

What Do I Need to Report?
Sexual Misconduct examples:
- Attempt to coerce an unwilling person into a sexual relationship
- Repeatedly subjecting a person to egregious, unwelcome sexual attention
- Gender-biased bullying
- Sexual Assault (non-consensual sexual conduct). Consent not given or coerced. Silence in and of itself is NOT an indication of consent.

Non-Retaliation Policy
It is a violation of College policy to retaliate in anyway against a student or employee because he/she raised allegations or was accused of sexual harassment, sexual assault, sexual coercion, stalking, domestic or dating violence.

If You Have Experienced Sexual Misconduct

What to Do
A person who experiences sexual misconduct should consider the following immediate actions:
- Contact Campus Public Safety at 601.925.3911 or law enforcement at 911.
- Seek medical attention
  - Baptist Medical Center, 1225 N. State Street, Jackson, MS – 601.968.1000
  - Merit Health Central, 1850 Chadwick Dr., Jackson, MS – 601.376.1000
- You don’t have to choose a course of action immediately, but consider preserving evidence in a paper bag in case you choose to pursue charges.

What to Know
- You set the pace.
- You have the right to choose to whom you will speak, what resources you will use, what you will say, and when you will say it.
- There are many resources available to help you, both at the College and in the community.
- It is your choice whether to name the other person(s).
- Your information will be kept private and only shared with those who “need to know”. We want to take care of you and keep you safe, and we want to make sure others in the community are safe.
Reporting Sexual Misconduct / or Counseling

Campus Public Safety
601.925.3911 (24 hours)

Title IX Coordinator (Nelson 202)
Dr. Debbie Norris, 601.925.3260 confidential

Student Counseling Services (Alumni 4th Floor)
Dr. Morgan Bryant / Counselors, 601.925.7790 confidential

Assistant Vice President for Student Affairs (Nelson 313)
Dr. Jonathan Ambrose, 601.925.3275 confidential

Office of Christian Studies (Nelson 210)
Dr. Eric Pratt / Dr. Beth Masters, 601.925.3235 confidential

Deputy Title IX Coordinators
- Mr. Jonathan Nutt, Director of Student Development, 601.925.3248
- Ms. Julie Kerr, Director of Residence Life, 601.925.7759
- Ms. Susan Musselwhite, Associate Athletic Director & Senior Woman Administrator, 601.925.3362

Anonymous Reporting
Report It form – Student Development

COMMUNITY RESOURCES

Clinton Police (24 hours), 601.924.525 or 911

Crisis Center / Rape Response Services (local) (24 hours)
601.982.7273 confidential

National Sexual Assault Helpline
800.656.HOPE

National Resource Center on Domestic Violence
800.799SAFE

Department of Education Office for Civil Rights
Region V Office, 500 W. Madison St, Suite 1475, Chicago, IL
312.730.1560 / OCR.Chicago@ed.gov

Mississippi College Sexual Harassment Information
http://mc.libguides.com/harass
MISSISSIPPI COLLEGE - STUDENT-ATHLETE CODE OF CONDUCT

By choosing to participate in athletics at Mississippi College, you are agreeing to hold yourself to a higher standard than the regular student on campus, as you will receive more scrutiny than most other students. You will be expected to adhere to the following conduct:

- You are a student first. Your primary goal should be to complete degree requirements.
- You are expected to attend class when not representing the institution in competition.
- You are expected to adhere to all NCAA and Gulf South Conference rules. You also have an obligation to Mississippi College to notify the Athletic Director of possible violations.
- You are expected to dress appropriately for class, road trips and other events you attend on campus. Clothes should be worn in the manner in which they were intended. (Ex: Shorts/pants should be worn on the hips!)
- Shirts, shoes, pants/shorts are always to be worn when walking around campus and especially in the café, weight room and on bus trips.
- Coaches are responsible for sending excused absences for school trips; however, it is your responsibility to communicate with your professors when you will miss class and make arrangements for any make-up work prior to your absence.
- Using profanity or obscene gestures are not acceptable behaviors.
- You should always treat campus employees with courtesy and respect.
- You have an expectation/obligation to support other athletic teams.
- NCAA and GSC rules prohibit the use of tobacco during practice and/or competition. Violations could result in disqualification from the remainder of the competition.
- Mississippi College prohibits the use of tobacco, drugs and alcohol. Violators may be subject to team penalties and/or an appearance before the campus disciplinary committee.
- You are expected to refrain from any “hazing” activities.
  - Hazing is against the law in the state of Mississippi and prohibited by the NCAA.
  - Hazing is defined as, “any action taken or situation created intentionally, whether on or off campus to produce mental or physical discomfort, embarrassment, harassment, or ridicule.”
- You are expected to exhibit sportsmanship when playing both at home and on the road.
- You are expected to respect other people’s property and/or belongings.
- You are expected to Play, Act & Live Like a Champion!
SOCIAL MEDIA GUIDELINES

Social media is a fun and rewarding way to share your life, opinions and information about your program with family, friends, other student-athletes and recruits around the world. We encourage you to use social media to tell the stories of your experiences at MC; however, we have the expectation that you will use it responsibly. Using social media negatively can be detrimental to you, your team, our department and the University and will not be tolerated.

Keep in mind that potential employers, graduate programs and scholarship committees search these sites to screen potential candidates. Please keep the following guidelines in mind as you use social media:

- Use social media to help get the word out about MC and represent our school in a fashion that you would want to represent your family.
- Use it to be encouraging! Use more positive than negative comments.
- Use #GoChoctaws and/or #COTM (Choctaws on the Move) when you are talking about your team or MC Athletics in general. This will give Sports Information the opportunity to use your twitter handle, which in turn will promote the school and your program even more.
- Social media, especially twitter, is one of many mediums through which you can build your “personal brand.” When people decide to follow you, they are investing in your brand because they believe you can add value to their timeline. Don’t post useless tweets! Quality not Quantity!
- Before sending a tweet, a post or putting a picture on Instagram, ask yourself: “Would I be comfortable saying this in front of my parents, my boss, or my pastor?” If the answer is no, discard it! Once you hit send, it’s there for the world to see. Keep in mind that coaches and athletic department personnel monitor these sites.
- Re-tweeting or re-posting profanity is no different than using it. Keep information family friendly.
- Remember to tweet/post things that are worthwhile and appropriate to share publicly. Do not use these media outlets to air dirty laundry. Things said in private meetings or issues on your team should not find their way on to public forums/sites.
- It is fine to display a sense of humor, but don’t tweet/post at the expense of others.
- Don’t tweet or post things after a tough day or a tough loss. Before posting things on emotion, sleep on it. Your followers will still be there tomorrow.
- Occasionally, give a shout-out to other teams on campus. Remember, in the end, we are ALL on the same team!
- If you feel like these guidelines prevent you from “keeping it real,” then this should be your cue to re-evaluate your definition of “keeping it real.” The Administrative Staff has your best interest in mind!
STUDENT-ATHLETE TRAVEL POLICY

Student-Athletes should understand that the University, the Athletic Department, and each team’s coach are responsible for their well-being, safety and conduct during official team travel. To successfully do this, each coach must follow institutional and NCAA guidelines and rules that pertain to official travel. Student-Athletes are responsible for helping in this process by observing the following travel policies:

1. Only eligible Student-Athletes on the official squad list and formal team travel party may accompany a team for an off-campus event.
2. Friends or relatives of student-athletes may not receive travel benefits at the University’s expense (ex: meals, private lodging, etc.)
3. Team travel shall be in university owned transportation with properly certified drivers. Traveling in personal vehicles or asking a student-athlete to use his/her vehicle for team travel is not our preference however, there are times when it may be necessary due to scheduling conflicts. *A Practice Notification Waiver Authorization form will be required at the beginning of each academic year in order to drive personal vehicles to practice.
4. Student-Athletes must travel to and from the practice and/or competition site with the official team traveling party. The only exception would be that a student-athlete can ride with his/her parent(s) or legal guardian(s).
5. A Travel Waiver Authorization form will be required BEFORE allowing any student-athlete to use alternate transportation to travel to or return from a practice or competition site. The Travel Waiver Authorization form must be signed by the student-athlete’s parent or legal guardian granting such approval each time the student-athlete wants to use alternate travel and must be approved by the Athletic Director prior to the trip. Alternate travel examples are riding with someone other than a parent/legal guardian or riding with another student-athlete.
6. Student-Athletes should be appropriately dressed and groomed at all times, conforming to individual team standards.
7. University and department substance abuse policies remain in effect while representing Mississippi College.
8. Student-Athletes should never be in a room with a member of the opposite gender. Games, talks or study sessions, etc. should take place in a public place such as the lobby.
9. Long distance telephone calls or room service cannot be charged to rooms and paid for by the University.
10. Always leave hotel rooms and visiting dressing rooms in good condition.
11. Student-Athletes are expected to park in student designated parking spaces before leaving campus on a road trip. This means students should not be parked in faculty, handicapped or visitor spaces. Parking on the ramp outside of the Coliseum is also prohibited.

EMERGENCY ACTION PROCEDURES

In the event that a student-athlete in involved in an accident on the way to a practice or competition site, the following procedure should be followed:

1. Immediately care to the injured and call 911 (if necessary).
2. Notify your parent(s).
3. Notify your Head Coach.
4. The Head Coach will notify the Athletic Director.
5. The student-athlete should wait for the police and complete an accident report.
COMMITTEE OPPORTUNITIES FOR STUDENT-ATHLETES

M’CLUB
The Mississippi College M’Club exists within the MC Athletic Department to provide former Choctaw athletic letter winners the opportunity to continue to be involved in MC Athletics once their eligibility has expired. There are no better ambassadors for MC Athletics than those who have competed while wearing the Choctaw colors. The M Club provides these former Student-Athletes with the avenue to give back to the institution that they represented so well.

The goals and objectives of the M’Club are:

- Achieve the best overall academic and athletic program for all varsity teams
- Encourage all students to compete athletically
- Cultivate social contact and good sportsmanship among athletes
- Aid student athletes in making contributions to the school and community
- Generate funds for scholarships, awards and other programs
- Publicize the proud tradition of MC Athletics and the M’Club

FELLOWSHIP OF CHRISTIAN ATHLETES
Fellowship of Christian Athletes, FCA, is an organization at Mississippi College that focuses on influencing athletes and coaches to use their influence for Christ. At MC, our mission is to form an army of believers to disciple and serve every athlete and coach on campus, displaying the love of Christ through our personal faith; being unashamed and transparent with a presence of overflowing joy that sets this campus on fire.

FCA meets every Monday night at 8:30 p.m. in A.E. Wood Coliseum. FCA provides opportunities for Student-Athletes to learn about God with their teammates through life groups. One-on-one discipleship is also available for further growth.

FCA Statement of Faith
- We believe the Bible to be the inspired, the only infallible, authoritative Word of God.
- We believe the there is only one God, eternally existent in three persons: Father, Son, and Holy Spirit.
- We believe in the deity of Christ, in His virgin birth, in His sinless life, in His miracles, in His vicarious and atoning death through His shed blood, in His bodily resurrection, in His ascension to the right hand of the Father, and in His personal return to power and glory.
- We believe that for the salvation of lost and sinful men/women regeneration by the Holy Spirit is absolutely essential.
- We believe in the present ministry of the Holy Spirit, by whose indwelling the Christian is enabled to live a godly life.
- We believe in the resurrection of both the saved and the lost, they that are saved unto the resurrection of life and they that are lost unto the resurrection of damnation.
- We believe in the spiritual unity of believers in our Lord Jesus Christ.

STUDENT ATHLETE ADVISORY COMMITTEE
The Student Athlete Advisory Committee or the “SAAC” is an NCAA sponsored committee. Each institution has a SAAC group, each conference has a SAAC group and the NCAA has a national SAAC group. This purpose of this group is to give the student-athlete a voice on campus. The SAAC also organizes and participates in community service activities, as well as, looking for ways to enhance the overall student-athlete experience.

To join the SAAC, talk to your coach or see the SAAC advisors: Dr. Stephen Price (FAR) is the sponsor. A male and female student-athlete shall represent Mississippi College on the Gulf South Conference SAAC.
SAAC CONSTITUTION AND BY-LAWS

Article I – Name
Section 1. The name of this governing organization shall be the Student-Athlete Advisory Committee (SAAC) of Mississippi College in correlation with the Gulf South Conference (GSC).

Section 2. All official registered undergraduate athletes for Mississippi College shall be represented by the appointing body of the Student-Athlete Advisory Committee.

Section 3. SAAC is to be split up into two separate bodies: the elected officers and the body comprised of athletes from each sports team. The officer body should consist of six individuals. The two bodies ultimately work for the same purpose, but the Officers are in charge of holding the regular body accountable.

Article II – Purpose
The purpose of the MC SAAC shall be:

Section 1. To be the voice for the athletes on Mississippi College campus.

Section 2. In charge of coming up with events and community service ideas to get the community involved.

Section 3. To be the body who mainly is in charge of Make-A-Wish fundraising and events.

Section 4. To communicate with Athletic Department officials in relation to the needs of the student athletes and SAAC-sponsored events.

Article III – Membership Qualifications
Section 1. Members are able to serve as long as they are active members on a sport at Mississippi College.

Section 2. A member from each team must be appointed by each athletic coach. The coach must see that the potential member is willing to donate his/her time to the organization.

Section 3. In addition to every appointed member, if an individual would like to join as an additional representative of that athletic team, it is permissible and needs to be recognized by the officer body.

Section 4: Members who are appointed into the organization may receive 2 unexcused absences each semester for meetings.

Section 5. Members need to participate in at least 3 events per semester to remain active in the organization.

Section 6. Members are required to have a 2.5 GPA to remain active in the organization.

Section 7. If a member would like to withdraw membership from the organization, the individual would need to find a replacement from the representative’s team that coincides with all of the requirements of a member.

Section 8. The number of athletes chosen by each team’s coaches is configured. Each team is elected two have two members. Football=2, volleyball=2, men’s tennis=1 and women’s tennis=1

Section 9. Each member of the organization is a representative for the members on their respective team.
**Article IV – Officers**

Section 1. There are a total of six officers in this organization. The titles of these officers include: President, Vice President, Community Service Officer, Public Relations Officer, Spirit Chair, and Secretary-Treasurer.

Section 2. To qualify to be an officer, one year in the organization is required. To be President, the candidate must be a Junior or Senior.

Section 3. The President is head of this organization. He/She is responsible to lead officer meetings and regular meetings. The President is in charge of holding all other members responsible to the Constitution and to its other members.

Section 4. The Vice President is to assist the President in anything he/she needs. Furthermore, the VP is to take control of meetings when the President is not able to attend meetings. Additionally, if the President steps down from his position, the Vice President would be the next President in line.

Section 5. The Community Service Officer is in charge of getting athletes involved in the community and help the athletes give back.

Section 6. The Public Relations Officer is held responsible for being the liaison between the community and athletics. It is his/her job to make sure the community knows of all Mississippi College Athletics’ events.

Section 7. As the Spirit Chair, it is his/her responsibility to come up with the ideas and events to put on for the community or Make-A-Wish efforts.

Section 8. The role of the Secretary-Treasurer is to handle all of the financial aspects of this organization. This includes Make-A-Wish money, and any money that is needed for events. In addition, this position is in charge of keeping up with the absences for each member at meetings.

Section 9. Even though all the officers have their own specific duties, it is the officer body’s job to help one another out to get the best result out of this organization.

**Article V – Elections**

Section 1. To run for an elected position, one member has to be in the organization for at least one complete year.

Section 2. The elections will occur at the second to last meeting, or if needed the last meeting of the year. If the President would like to do so at another time, he has power of that.

Section 3. Nominations for an officer are to be selected by another member in the organization. If no one is nominated for a position, then a member is welcome to nominate themselves.

Section 4. The decision will come down to a majority vote for each elected officer.

Section 5. The President or the school sponsor will hold the elections when the time has come.

**Article VI - Amending**

Section 1. The organization will accept any request to amend the constitution. There will be a special time for the proposed amendment during a meeting to be considered.

Section 2. To push the amendment through, the organization will hold a vote. The majority of the organization is needed to amend the constitution.
**Article VII – Impeachment**

Section 1. If a member does not meet the guidelines required to be in this organization, it will be the officer body who decides whether or not to force out the member. The officer body will take a vote, with a 2/3rd vote required.

Section 2. If a member would like to impeach an officer, he/she would need a 2/3rd vote conducted at a regular meeting.

**Article VIII – Advisor**

The Athletic Director shall appoint an advisor(s) to the MC SAAC. The advisor(s) must attend all meetings of the organization.

****There are many other student organizations on campus and we strongly encourage you to become an active member of our campus community!
The Division II Make-A-Wish program

While Division II schools engage with their communities locally, the division also recognizes the need to contribute on a national scale.

There’s no better example of that commitment than Division II’s long-standing relationship with the Make-A-Wish Foundation, which grants wishes to children with life-threatening illnesses. The Division II Student-Athlete Advisory Committee, which is the primary student-based group that contributes to policy-making for the division, established the Make-A-Wish partnership in 2003 and has since become one of the foundation’s largest and most consistent contributors.

Division II has raised more than $4 million toward granting the wishes of children with life-threatening medical conditions. More than 500 “wishes” have been granted through Division II contributions. These wishes can serve as a game changer in children’s fights against their illnesses, helping them feel better, and in some cases even get better. The Division II SAAC also adopted a new model for funding the initiative. Money from championship and enforcement fines has traditionally been used to support the Division II partnership with Make-A-Wish. SAAC asked that the division earmark this money in a more specific fashion.

Beginning in 2016, a portion of the fine money will be used to ensure all 24 Division II conferences have the opportunity to host a Make-A-Wish reveal party at one of their campuses.

Before, schools needed to raise $10,000 to host a wish reveal; now, if a conference does not have a school that reaches the fundraising minimum, SAAC will award the highest-fundraising school in that conference with enough money to reach the $10,000 mark.

**Top fundraising schools:**

1. University of North Georgia
2. Nova Southeastern University
3. Mississippi College
4. Edinboro University of Pennsylvania
5. Lee University
6. University of California, San Diego
7. California University of Pennsylvania
8. Grand Valley State University
9. Lindenwood University
10. Flagler College

**Conference Rankings:**

1. Pennsylvania State Athletic Conference - $70,210.53
2. Gulf South Conference - $45,551.61
3. Peach Belt Conference - $45,428.47
4. Sunshine State Conference - $31,933.06
5. Great Lakes Conference - $29,058.65
6. Mid America Conference - $28,443.14
7. California Collegiate Conference - $27,238.13
8. Northeast 10 Conference - $24,409.59
9. Great American Conference - $22,931.58
10. South Atlantic Conference - $22,792.95
ATHLETIC DEPARTMENT ACHIEVEMENT AWARDS

The Athletic Department has the following achievement awards that will be given to individuals that are selected or that meet the criteria for the appropriate award.

**VARSITY LETTER**
Awarded to each participant that completes a season of competition. Each student-athlete that receives a Varsity Letter becomes a member of the Mississippi College M’Club. Letterman Awards are presented to student-athletes at their respective sports end of the season awards banquet.

**DAVID M. HALBROOK Award**
Awarded to (1) male and (1) female student-athlete at Mississippi College with one academic year remaining. The recipient will be selected by Athletic Department based on leadership, service and/or academic achievement. The Mississippi Association of Colleges and Universities (MAC) will provide the recipient with a *David M. Halbrook Certificate for Academic Achievement Among Athletes* certificate.

**ALPHA CHI SCHOLAR ATHLETE Award**
Awarded to the student-athlete that maintains the highest G.P.A while also making a significant impact on his/her team.

**OUTSTANDING SENIOR ATHLETE**
Awarded to a student-athlete from each program based on criteria established by the coaching staff or overall contribution to the program.

**CHARLES “PUDDIN” DAVIS M’CLUB CHRISTIAN SERVICE Award**
Awarded to 1-male and 1-female student-athlete in his/her junior or senior year (preference to a graduating senior) who: Has successfully lettered in at least one sport and demonstrated athletic ability in one of MC NCAA II sanctioned sports (Dr. Davis earned 13 letters including football, basketball, tennis, track, and was recruited to play professional football), and has demonstrated a Christian testimony consistent with the character, life and testimony of Dr. Charles "Puddin" Davis and either plans for full time Christian Service (like Dr. Davis) or future Christian studies (seminary, Christian counseling), or Has consistently shown leadership and commitment to cause of Christ both on and off the field in meaningful activities and personal conduct.

**TEAM ACHIEVEMENT Awards**
To be determined by the head coach of the respective sport. This is not a comprehensive list but a few examples of these types of awards are:
- Most Valuable Player
- Best Offensive
- Best Defensive
- Leadership / Captain
- Sportsmanship
ACADEMIC SUPPORT SERVICES

OFFICE OF STUDENT SUCCESS
The Office of Student Success is dedicated to academic excellence and committed to cross-campus collaboration. Students are encouraged to utilize the following on-campus services that are “free of charge” to enrolled students.

WRITING CENTER
The Writing Center offers writing consultations free-of-charge to MC students. The Center is staffed by highly-qualified undergraduate tutors who conduct interactive, one-on-one sessions with students of all disciplines. The goal is to help clients become better writers - not just to improve one piece of writing. Therefore, they do not simply serve as a proofreading or editing service; instead, we help our clients understand and improve their writing processes. For more information visit www.mc.edu/academics/departments/english/writing-center or call 601.925.7289 for assistance.

COUNSELING CENTER
Student Counseling Services offers free and confidential counseling services, crisis services and disability services to the campus community. Student Counseling Services also provides outreach for alcohol & drug abuse, test anxiety, stress management, wellness, grief/ loss, and suicide. For more information visit www.mc.edu/offices/counseling.

DISABILITY CENTER
The Disability Center is a branch of Student Counseling Services which offers disability services to the campus community. Any student with a documented disability is eligible for assistance in meeting the needs for accommodations.

TUTORING
Tutoring services are available in nearly every department to assist those having difficulty in their coursework. For more information on available times visit www.mc.edu/academics/tutoring or call 601.925.7776 for assistance.

CAREER SERVICES
Mississippi College has its own career services department located in Nelson Hall 314C. The Office of Career Services provides resources to help students prepare for the job search, find fulfilling careers, and connect with area employers. Career Services is also available for resume building, interviewing tips, fashion dos and don’ts, job listings, networking, etc. For more information visit www.mc.edu/career/students

OTHER RESOURCES AVAILABLE:

- **Language Acquisition**
  ESL (English as a Second Language) courses are available to those non-native speaking students that will assist in English comprehension, conversation and composition.

- **Blue & Gold 101**
  A first year seminar designed to help freshmen make a smooth transition to MC by addressing topics pertinent to college life, such as discovering your personal strengths, coping with conflict, creating goals for life after MC.

- **Blue & Gold 201**
  Blue & Gold 201 is a First-Semester Transfer student experience designed to help new transfer students make a smooth transition to Mississippi College. Each fall and spring semester new transfer students will have the opportunity to participate in a small group that is led by an experienced peer transfer Guide.
ACHIEVING ACADEMIC SUCCESS

Academic success begins with a positive attitude and the determination to persevere. However, the following suggestions may prove to be helpful in your pursuit as well:

- GO TO CLASS & BE ON TIME!

- Sit near the front of the class, turn your cell phone off to avoid distractions, and pay attention!

- Take notes, participate in class discussions, and ask questions.

- Develop a system for organizing your notes and review them. Studying on a regular basis prevents you from having to “cram” the night before and will help you keep up with your work during your travel season. Prepare to be successful in the classroom by studying just as you prepare to be successful on the field/court by practicing! “Failing to prepare, is preparing to fail!”

- Use the breaks you have between classes to study or do research. Studying during the day will reduce the amount of time you need to study in the evenings after practice. Also, be sure to take advantage of the time you have to study while traveling!

- Let your instructors know, in advance, when you will be missing class due to your athletic obligations. Coaches will submit an excused absence list to the Vice President for Academic Affairs for campus distribution. However, it is your responsibility to communicate with your professors about missed class time and any assignments you may be missing. You should always try to turn in assignments that are due in advance of missing the class!

- Find a classmate who will share notes and other important class information with you when you are going to miss class. Be proactive!

- Meet with your instructors during office hours or set up an appointment if you can’t make it to the posted office hours. Ask your instructor questions! You will gather valuable information and your professor will see how much effort you are putting into the class.

- Pick up quizzes, exams and papers that have been graded and keep track of how you are doing in all of your classes. Visit with your professor immediately when you have a concern for your grade.

- If you need additional help, form a study group with other students in the class, contact the Office of Student Success, or contact the Academic Advisor for Athletics as soon as you realize you need help in the class. Do not wait until the end of the semester to ask for help, as it may be too late.
ELIGIBILITY

OVERVIEW
It is the responsibility of each Student-Athlete to know and understand the current eligibility rules and regulations. Student-Athletes are responsible for meeting NCAA, Gulf South Conference, and Mississippi College eligibility requirements. The eligibility basics are as follows:

CERTIFICATION PROCESS:
All Mississippi College Student-Athletes will be certified one time a year in the fall at the beginning of the academic year, before the first official practice or at the beginning of the spring semester in case of a mid-year enrollee. Other certification times will occur as necessary. (Ex: enrolled walk-ons or late additions)

A meeting will be held with the Athletic Director, Faculty Athletics Representative, Sports Information Director, Head Athletic Trainer (or designee) and the Assistant Athletic Director for Compliance. Additionally, in order for a student-athlete to practice or compete for Mississippi College Athletics, he or she must attend one of these meetings and complete all required MC, NCAA and/or GSC paperwork and be approved by the following offices:

1. **Approved by Compliance Office**
   Student-Athletes will be required to attend an annual rules education session at which time all required NCAA forms will be reviewed and discussed. All student-athletes will be required to complete the following paperwork.
   - Eligibility Questionnaire for New Student-Athletes or Returning Student-Athletes
   - Returned Transfer Tracer (if applicable)
   - Completed online signatures for the Student-Athlete Statement form & NCAA Drug Testing
   - Issued a Student Athlete Handbook and received Signature of Recipient
   - Received Final Academic and/or Amateurism certification from the NCAA Eligibility Center

2. **Approved by Sports Information**
   The Assistant Athletic Director for Athletic Communications & Sports Information will require a
   - Questionnaire
   - Photo for Media Guide

3. **Approved by Athletic Training Staff**
   The Head Athletic Trainer will notify the Assistant Athletic Director for Compliance when the following has been completed:
   - Athletic Training Room Policies & Procedures
   - Mississippi College Drug Testing Policy & Consent
   - Concussion Education Acknowledgment & Sickle Cell Education, Status and/or Waiver Consent
   - Medical History Packet for New and Returning Student-Athletes
   - Mandatory Physical & proof of insurance (copy of insurance card)

DELAYED CERTIFICATION
If final academic certification has not been granted from the NCAA Eligibility Center at the time the Student-Athlete reports for practice, the Student-Athlete will be allowed to practice, but not compete, for a maximum of 45 days as long as the Student-Athlete has received his/her amateurism certification and is enrolled full time or has been accepted for enrollment.

The Assistant Athletic Director for Compliance will notify the Head Coach of this limitation and monitor any changes in the certification status. After 45 days, if the Student-Athlete has not been certified the Student-Athlete will be removed from practice activities until the final certification is issued.
INITIAL ACADEMIC CERTIFICATION OF ELIGIBILITY

In order to compete in intercollegiate athletics, each Student-Athlete must meet all NCAA eligibility requirements for practice and competition. Initially, all freshmen will be certified by the NCAA Eligibility Center. For each year thereafter, the Registrar, Special Populations Coordinator, the Faculty Athletics Representative and the Assistant Athletic Director for Compliance will work together to determine the academic eligibility of each Student-Athlete. The Student-Athlete MUST be admitted as a regularly enrolled, degree seeking student in accordance with the regular, published entrance requirements of Mississippi College and meet the following criteria:

1) **Good Academic Standing** - The Student-Athlete MUST be in Good Academic Standing as determined by the institution. Mississippi College defines “Good Academic Standing” as having a 2.0 GPA.

2) **Enrolled Full Time** - The Student-Athlete MUST be enrolled as a full-time student maintaining a minimum of 12 credit hours per semester.

3) **Making Progress Toward a Degree** - The Student-Athlete MUST be making Progress towards a Degree. The following minimum requirements must be met to fulfill Progress Towards a Degree:
   a. Credit Hour Requirements
      - 9 Hour Requirement - A Student-Athlete MUST pass nine (9) semester hours of academic credit the last regular academic term in which he/she has been enrolled full-time in any collegiate institution.
      - 24 Hour Requirement – A Student-Athlete MUST pass twenty four (24) semester hours of academic credit since the previous fall term.
   b. Grade Point Average
      - A 2.0 GPA is required at the beginning of each academic year to be certified as eligible for the remainder of the year.
   c. Designation of Degree
      - A Student-Athlete MUST declare a major by the beginning of the fifth (5th) semester of enrollment (third year).
      - Starting from the fifth (5th) semester on, at least 24 credits earned must go specifically toward that degree.

4) **Full-Time Enrollment Exception** – A Student-Athlete may be enrolled in less than 12 credits, provided the student is in their final semester of the baccalaureate program; will be receiving their diploma at the next degree conferring ceremony; and the hours being taken are required to receive their degree.

TRANSFER ELIGIBILITY

Transfer eligibility will be determined on a case-by-case situation as there are many criterions that transfers are evaluated on. The Assistant Athletic Director for Compliance, the Registrar, and if needed, the Faculty Athletic Representative will evaluate all transfer Student-Athlete’s situations and determine his/her eligibility status. Initially, an official transcript of all college courses taken will be needed for evaluation. It is very important that these documents are sent to Mississippi College as soon as possible, since the evaluation process will take some time. All transfers will need to be certified through the NCAA Eligibility Center for amateurism, especially if the Student-Athlete has served at least one year of residency at a collegiate institution.

In most cases, a transfer from a 2-year institution is not eligible unless the student has graduated or presented a minimum of 12 semester hours of transferrable degree credit per each semester of full-time enrollment with a cumulative GPA of 2.2, and has spent at least two (2) semesters of residence at the 2-year institution and completed at
least (6) transferrable hours of English, (3) transferrable hours of Math and (3) transferrable hours of Science. Other requirements may be met depending on the student’s status with the NCAA Eligibility Center.

A transfer student from a 4-year institution, as a rule, is not eligible until the student-athlete has fulfilled a residency requirement of one full academic year in which the student has been registered full-time. Exceptions to this rule must be treated individually.

CLASS ATTENDANCE POLICY
Mississippi College expects all students to attend all regularly scheduled class meetings. Instructors usually will explain their class attendance policy in the course syllabus. Although class attendance is a matter between the student and the instructor, all MC athletes are expected to strictly adhere to the policies.

Due to the time demands of the travel and competition schedule, there will be times when the Student-Athlete will miss class meetings. Therefore, it is important that unless you are representing the institution in competition, you should be in class! It will be your responsibility to communicate with your professors as to when you will be missing class. This should be done BEFORE you are going to miss. It is your responsibility to make arrangements with the professor, ahead of time, on how and when to make up work that is missed.

Any student whose absences, whether excused or unexcused, exceed 25% of the class meetings will receive a grade of “F” in the course. Therefore, a student receives a grade of “F” in any course immediately upon accumulating the following number of absences in that class:

- 12 in semester classes meeting 3 times per week
- 8 in semester classes meeting 2 times per week
- 4 in semester classes meeting 1 time per week
- 4 in eight-week ADP classes
- 6 in summer day classes

EARLY REGISTRATION –
All currently enrolled undergraduate and graduate students who have followed the proper payment procedures and have cleared their accounts in the Business Office may register. Residence Hall reservations are dependent upon student’s pre-registration for classes. All student-athletes with a clear account will be allowed to register on the first day of open registration regardless of classification.

1. Students must see their assigned Faculty advisor in the academic department before logging into Banner Web to register on-line. This step is necessary so that an advisor can provide the student with an alternate pin number to be used on the website for on-line registration.

2. Students who need assistance with registering on Banner Web should go by the Office of the Registrar, Room 20 in Nelson Hall. Additionally, after the last day to enroll or add a class, students needing to register or add a class must also come to the Registrar’s Office.

3. Students must have their student ID and a printed copy of their student detail schedule from Banner Web in order to purchase textbooks and supplies and charge to their student account.

*Any athlete that is receiving books as part of their athletic scholarship will have $400 credited to their student account each semester for books. Any remaining balance will be the responsibility of the student.
TEMPORARY PERMIT TO REGISTER (TPTR)

Students who are initially enrolling at Mississippi College that have been fully accepted but still have an incomplete admission file (ex: missing final transcripts, MMR records, etc.) will have the opportunity to register for classes under a temporary permit. The student must have an overall cumulative GPA of C (2.00) on all work attempted. The student will complete the request for a Temporary Permit To Register (TPTR) form in the Office of Enrollment Services. This form will allow the student to register for and begin attending class while the missing documents are being collected. If the student does not complete the Admissions process by the date specified on the form, the student will automatically be withdrawn from classes (on the last day to withdraw with 100% refund) and a hold will be placed on their file until the admissions process is completed.

No financial aid will be applied to the student’s account until their file has been completed. If the applicant does not complete their file, they will be withdrawn from classes.

Student-Athletes that have signed TPTRs will be allowed to practice if otherwise eligible, but will not be allowed to compete until the application process is complete. Once the student has been withdrawn from class, the student will automatically be ineligible for practice and competition.

RECEIVING P.E. CREDIT FOR YOUR SPORT

Physical education credits are required for graduation. Student-Athletes may receive an hour of P.E. credit in the varsity sport in which they are participating as long as the student signs up for the course during the registration process. However, once a student has received 4 hours of P.E. credit requirement for playing varsity sports, the student will no longer be able to receive any additional P.E. credits for their sport.

ADDING/DROPPING A CLASS

On the morning of the 2nd day of day classes, a registration hold will be placed on all Student-Athletes’ accounts. Student-Athletes are required to have a Drop/Add Form signed by the Academic Advisor for Athletics or Faculty Athletics Representative prior to changing their class schedule. The registration hold will be lifted for pre-registration for the upcoming semester.

CHANGING MAJORS

During the first 2 years of collegiate enrollment, it is permissible for a Student-Athlete to take any classes towards ANY degree program. Starting with their fifth semester, a Student-Athlete must declare a degree. To meet progress toward degree requirements, a Student-Athlete must pass 24 hours within the academic year in that degree program. Juniors and seniors must receive approval from the Compliance Office to change their major.

The following procedures will be observed:

1. Undergraduate Student-Athletes that wish to change their declared major will be required to log into the MyMC student portal and begin the workflow process. Once a Student has been identified as a Student-Athlete, the approval of the Academic Advisor for Athletics or the FAR will be required before being allowed to proceed in the process of changing their major.

2. The Academic Advisor for Athletics or the FAR will have a consultation with the Student-Athlete and the Chair of the Department of the new desired degree or Academic Advisor regarding rules education in order to meet eligibility requirements. The Academic Advisor for Athletics or FAR will advise the Student-Athlete to perform a degree audit, along with a “What If Analysis” in Banner Web to see how the change would affect them.

3. After consultation with the Academic Advisor for Athletics or FAR, if the Student-Athlete wants to continue to change his/her major, the Academic Advisor for Athletics or FAR will grant the approval and the workflow process will continue.
4. In the event, the Student-Athlete does NOT want to continue to change his/her major, the Academic Advisor for Athletics or FAR will stop the workflow process at this point. The Academic Advisor for Athletics or FAR will be required to enter notes as to the reason(s) the process has been stopped for documentation purposes.

5. The Registrar’s Office will document all change of degree program decisions.

REMEDIAL COURSES
Mississippi College offers two remedial courses that may be offered to students that are accepted on restricted admission. Per NCAA rules, these courses must be taken during the first year of enrollment at MC.

SUMMER SCHOOL AT ANOTHER INSTITUTION
All summer school classes taken at another institution need to be pre-approved in order for those credits to be used for eligibility and progress towards degree purposes. Student-Athletes should meet with your advisor prior to the beginning of summer school to discuss their options. If taking summer school courses at another institution is the best option, the Student-Athlete should go to the Registrar’s Office and complete a “Request to Take Classes at Another Institution” form. Keep in mind that if a student is lacking the GPA requirement, only work completed at Mississippi College will go towards your cumulative GPA for eligibility purposes. Credit hour deficiencies may be accepted from other institution’s as long as it is approved by Mississippi College prior to taking the class.

WITHDRAWAL FROM THE UNIVERSITY
Any student that is planning on leaving and not returning to the University should complete the withdrawal process. Failure to complete this process could cause the student to earn a grade of F in each course instead. A complete withdrawal will not affect a cumulative GPA, however earning F’s could have a major impact on a cumulative GPA.

Students desiring to withdraw from the University should go to the Bursar’s Office and request a withdrawal form. Financial aid recipients who withdraw or drop a course may not receive a refund as a result of the Institutional tuition adjustment. Refunds will be credited to the respective programs (Perkins, FSEOG, SCHOLARSHIP, Stafford Loans, and PELL) before any refund is made to the individual. If the student lives on campus, it will be necessary for them to notify the Director of Residence Life regarding their moving out of the residence hall.

GRADE POINT AVERAGE
Your grade point average (GPA) is important for graduation and eligibility purposes. Therefore, it is important that you know and understand how to calculate it. To compute your GPA, divide the total number of grade points earned by your total hours taken. Each letter grade is assigned a point value per credit hour. For example, an “A” is equal to 4 points per hour, a “B” = 3 points per hour, a “C” = 2 points per hour and a “D” = 1 point per hour. So, if you make a “B” in a 3 hour course you will divide 9 quality points by 3 hours taken and determine that you have a 3.0 GPA. If you are trying to find out what grade you will need in order to make a certain GPA, simply add credit hours to your total credit hours taken and add quality points based on making an A, B, C, or D in that class to determine what you need to make.

ACADEMIC STANDING
Mississippi College defines Good Academic Standing as a student maintaining a 2.0 GPA. MC has the following policy for all undergraduate students: Students who’s cumulative GPA falls below the minimum standard of 2.0 are placed on academic probation and not considered in good academic standing. Student-Athletes with probationary status at the end of the fall term are eligible to participate in intercollegiate athletics in the spring term. However, a 2.0 must be achieved prior to the beginning of the next fall term in order to be certified annually per NCAA guidelines.

Graduate students whose cumulative GPA falls below the minimum standard of 3.0 are placed on academic probation. Graduate students on probation are not considered in good academic standing. Graduate Student-Athletes with probationary status end of the fall term are eligible to participate in intercollegiate athletics in the spring term. However, a 3.0 must be achieved at the end of the academic year in order to be certified annually per NCAA guidelines.
DETERMINING ATHLETIC ELIGIBILITY

Athletic eligibility is determined by two (2) factors: semesters and seasons. Student-Athletes have ten (10) full-time semesters OR four (4) seasons to be eligible, whichever one runs out first.

1) 10 SEMESTER RULE

A Student-Athlete shall complete his or her seasons of participation during the first 10 semesters in which the student is enrolled in a collegiate institution in at least a minimum full-time program of studies, as determined by the regulations of that institution. (This does NOT include summer school.)

A Student-Athlete is considered to have used a semester under this rule when the Student-Athlete is officially registered in a collegiate institution (domestic or foreign) in a regular term of an academic year for a minimum full-time program of studies, as determined by the institution, and attends the first day of classes for that term, even if the Student-Athlete drops to part-time status during that first day of classes.

There may be additional areas where a waiver of the 10 semester rule may be applicable (like multiple medical hardships or financial hardships). Please contact the Compliance Office for further clarification.

2) SEASON OF COMPETITION

Any competition, regardless of time, during a season in an intercollegiate sport shall be counted as a season of competition in that sport. However, a Student-Athlete is allowed to participate in a scrimmage (including preseason scrimmages), competition in the non-championship season of your sport and/or an alumni game without being charged with a season of competition.

OTHER ELIGIBILITY ISSUES

There are many components to maintaining your eligibility besides being academically eligible. Refer to the Amateurism section of this manual for information regarding other areas (outside competition and sports wagering) that could affect your eligibility for practice and/or competition.

STUDY HALL POLICY

Student-athletes will be required to attend study hall hours based upon their classification and cumulative GPA. Study hall will be held on Monday, Tuesday, Wednesday and Thursday nights with the first session beginning at 7:00 p.m. and the second session beginning at 8:15 p.m. each night. A student-athlete is allowed to complete all study hall requirements in one night by staying for both sessions. It is permissible for a student-athlete to attend a tutoring session or time in the writing center during study hall hours as long as it is approved by the Academic Advisor for Athletics and proper documentation is returned from the tutoring/writing center session verifying attendance. The following student-athletes must attend study hall:

- **Freshmen** – must attend TWO hours of study hall per week for one academic year, unless he/she earns a 3.8 or higher GPA in the fall semester.
- **Transfers** – must attend TWO hours of study hall per week for one semester
- **Student-athletes with a 2.49 or below** must attend TWO hours of study hall per week.
- **Student-athletes with a 2.2 or below** must attend THREE hours of study hall per week.

**Student-athletes with a 2.5 or above are exempt from study hall UNLESS required by their coach to attend!**

Failure to attend the required amount of study hall hours per week will result in the following consequences:

- **First Offense** – One additional hour of study hall per week
- **Second Offense** – Unable to participate in one team practice
- **Third & Subsequent Offenses** – Unable to compete in a game(s)

Study Hall Guidelines:
• Arrive on Time. Anyone who arrives late will not be permitted in the room and will have to wait to attend the next study hall session.
• Student-Athletes will be required to show a MC I.D. to receive credit for attendance and should check in with the study hall monitor.
• Group work and group studying are NOT allowed.
• Laptops are allowed, but may only be used for school work.
• Headphones are NOT allowed.
• Food and drinks are NOT allowed.
• Hats are NOT allowed.
• All cell phones should be placed on silent and put away during study hall.

**Any student-athlete that is being disruptive and un-cooperative will be asked to leave study hall and will not receive credit for attendance during that session!**

REQUESTING A TRANSFER RELEASE FROM MISSISSIPPI COLLEGE

The Athletic Department hopes all Student-Athletes will complete their four years of eligibility and graduate from Mississippi College. However, there may be conditions that necessitate a Student-Athlete transferring to another institution. The NCAA has established transfer regulations that must be met for a Student-Athlete to become eligible at the institution to which he/she transfers. While enrolled at MC, a Student-Athlete must receive permission from MC to communicate with athletic department personnel at another 4-year institution.

The procedures for requesting a transfer release are the following:

1. A Student-Athlete must fill out the Request for Student-Athlete Release form. This form is located on the Athletic Department website or may be picked up from the Compliance Office.

2. The Student-Athlete must discuss the transfer with the Head Coach and the Head Coach must sign the form approving the release.

3. If the release is GRANTED, the Student-Athlete should return the form to the Compliance Office.

4. If the release is DENIED, the Student-Athlete will need to take the form and discuss the situation with the Athletic Director. The Athletic Director will discuss with the Head Coach and notify the Student-Athlete of their final decision. IF approved, the Athletic Director will sign and return the approved form to the Compliance Office to generate the release.

5. If granted, the Assistant Athletic Director for Compliance will send an Official Release Letter to the institution(s), the Student-Athlete and Head Coach.

6. If denied, the appeal process below will be applied.

7. Per Gulf South Conference rule, if the Student-Athlete is requesting to transfer to another Gulf South Conference School, the permission to contact and/or release must come directly from the Athletic Director or President himself in order for the Student-Athlete to participate at the new school right away.

*MC reserves the right to deny any student-athlete a release to transfer to another Gulf South Conference school and be immediately eligible!*
**APPEALS PROCESS**

If the request for a release or a release from the one time transfer exception is not granted, the Athletic Director or designee will send written notification to the Student-Athlete regarding the opportunity for an appeals hearing.

*The procedures for requesting an appeal hearing are the following:*  

1. The Student-Athlete will have 14 consecutive calendar days upon the date of issuance of the written notification to respond, in writing, to Athletic Director or designee and formally request a hearing conducted by the Student-Athlete Appeals Committee. The request should include the following:
   - Student’s name, MC ID number, year in school and the sport  
   - Reasons for believing that the decision was improper, including names of institutional staff members with whom the student has discussed the transfer  
   - Copies of any relevant documents associated with this request

2. Failure by the Student-Athlete to submit a written request for a hearing within 14 consecutive calendar days shall be interpreted as a refusal of the opportunity for a hearing.

3. If the Student-Athlete notifies the Athletic Director or designee, in writing, of their intent to appeal within the required time limit, the Athletic Director or designee will notify the Faculty Athletics Representative.

4. The Faculty Athletics Representative or designee will chair the Student-Athlete Appeals Committee.

5. The Student-Athlete Athletic Appeals Committee, comprised of the Faculty Athletics Representative or designee, at least one member of MC’s NCAA Compliance Committee (not employed by the Athletic Department), and a representative of the Student Development staff shall preside over this hearing and make the final determination.

6. The Student-Athlete Appeals Committee shall conduct the hearing within 30 consecutive calendar days of receiving notification from the Faculty Athletics Representative or designee. The Student-Athlete Appeals committee will notify the Student-Athlete and the Athletic Department of the time, date, and location of their respective hearings.

7. The Student-Athlete and Head Coach and/or Athletic Director must come to their respective hearing with three (3) copies of any documents that will be presented, one for each of the Appeals Committee members. The Committee will already have copies of any email communications received regarding the request for appeal.

8. At this hearing, the Student-Athlete and the Athletic Department shall be allowed an opportunity to present their case separately. Either party is permitted to present witnesses and/or documents to the committee that may support their position. Both the Athletic Department and Student-Athlete will each be given a maximum of 45 minutes to present their documentation and/or testimony from witnesses.

9. A Student-Athlete may be accompanied during an appeal by an advisor. The advisor can be a fellow student, faculty member, legal counsel, friend, or parent. In the event the Student-Athlete is accompanied by legal counsel, the lawyer may act as an advisor only. The University will provide an ombudsperson to assist the student, if requested.

10. At the conclusion of the hearing, the Student-Athlete Appeals Committee shall have up to 48 hours to render a final decision. With written agreement from both the Student-Athlete and the Athletic Department, an extension to the 48 hours may be granted, if requested by the Appeals Committee.

11. The Faculty Athletics Representative or designee will notify the Athletic Director, Assistant Athletic Director for Compliance and the Student-Athlete of the committee’s decision in writing. This decision shall be final and not
subject to appeal.

12. The appeal process, related emails, documentation presented, and decision of the Student-Athlete Appeals Committee should be considered confidential. The Student-Athlete, their family members or friends, MC coaching and athletic department staff, and Student-Athlete Appeals Committee members may not disclose the outcome or opinions of the appeal through personal or institutional social media (including but not limited to Facebook, Twitter, blogs, etc.) or media outlets (including but not limited to newspapers, magazines, television, media websites, etc.). A violation of the confidentiality of information as noted above by the Student-Athlete or their family members or friends may result in the reversal of the Appeals Committee decision. A violation of the confidentiality of information as noted above by any member of the staff representing MC may result in disciplinary action, up to and including termination.
ATHLETIC FINANCIAL AID

Each sport is provided with a specific number of grants-in-aid in accordance with NCAA bylaws. These grants are awarded by Mississippi College upon the recommendation of the head coach and the approval of the Athletic Director. An athletic grant-in-aid is restricted to educational expenses, such as tuition, fees, room, board and course-related books.

If textbooks are a part of your athletic scholarship, you will receive a total of $400 credited to your student account per semester.

CHARGES NOT PAID BY ATHLETIC FINANCIAL AID

- Parking Decals / Automobile registration
- Orientation fees
- Parking fines/tickets on or off campus
- Any refundable deposits to the institution (Seat Deposit for Internationals)
- Charges for damaged or lost property
- Medical Insurance

OUTSIDE AID

All aid received by student-athletes that is not from a parent or legal guardian must be submitted to the Mississippi College Financial Aid Office for payment of college expenses. In addition, all aid received by a student-athlete is to be formally communicated and documented in the Financial Aid Office by submitting a “Outside Financial Aid Resources Self-Reporting” form. This includes all employment and summer work. This form must be returned to the Financial Aid Office by September 1st.

LIVING OFF CAMPUS

Living off campus will not affect a student-athletes athletic scholarship. However, the institution does have the following guidelines for receiving other institutional aid, including academic aid.

Freshmen students MUST live on campus unless they are living at home with their parents and commuting to campus or is an independent student. For students that choose to live at home with parents his/her academic money received will be reduced by 50%.

Upper classmen MUST get permission to live off campus. If permission is granted, the student may receive 50% of his/her academic scholarship. If permission is denied, the student will not receive ANY academic money. (Exceptions – Married students, students with children they support, or students 22 years of age or older would still qualify to receive 50% of his/her academic money).

REFUND POLICY

In order for a student-athlete living on campus to receive a refund the student-athlete must receive an excess of the value of a full scholarship (tuition, fees, room, board and books). Student-athletes that live off campus must receive an excess of the value of a tuition scholarship (tuition, fees and books). Other money received above these values (ex: pell grant, loan, or if allowed, academic money) could be refunded to the student.

RENEWING ATHLETIC GRANTS-IN-AID FOR CONTINUING STUDENT-ATHLETES

An athletic grant-in-aid can only be offered to a student-athlete for one academic year at a time. A head coach may state that it is his/her normal practice (philosophy) to renew the grant-in-aid each year at the request or recommendation from the athletic department as long as the Student-Athlete meets all of the conditions of the athletic award and other institutional rules and guidelines. At NO time shall a coach promise a Prospective Student-Athlete or enrolled Student-Athlete that his/her athletic scholarship will be issued for more than one academic year. Every
Student-Athlete whose athletic aid has been reduced or not renewed has an opportunity, by NCAA rules, to appeal this decision.

The Student-Athlete will be sent an award amount notification letter from the Director of Financial Aid (or designee) regarding their grant-in-aid for the upcoming school year. This letter will inform each returning student-athlete if his/her aid will be renewed at the same amount for the upcoming year. The Student-Athlete will have 30 days from the issued date to return his/her signed financial aid agreement to the athletic department. All renewals must be submitted prior to the 1st day of class. The returning Student-Athlete will have his/her aid disbursed to their account two weeks following the start of the semester.

VOLUNTARY WITHDRAWAL OF ATHLETICALLY RELATED GRANTS-IN-AID FOR CONTINUING STUDENT-ATHLETES

NCAA rules allow athletic aid to be immediately cancelled if a Student-Athlete voluntarily leaves a team. However, it is not mandatory that the Student-Athlete’s aid be cancelled. Should a coach wish to immediately cancel a Student-Athlete grant-in-aid, he/she must first consult with the Director of Athletics, and then the Compliance Office will be notified of the request.

1. A Student-Athlete who voluntarily leaves his/her athletic team must meet with his/her coach and sign the Squad List Deletion Form as well as the Athletics Grant-in-Aid Release Form. By signing the Athletics Grant-in-Aid Release Form the Student-Athlete subsequently voluntarily relinquishes his/her athletics grant-in-aid.

2. By signing these two forms, a Student-Athlete is acknowledging that it was his/her choice to leave the team and that his/her athletic grant-in-aid may be cancelled immediately at the discretion of the Head Coach.

3. The Compliance Office will obtain the Director of Athletics signature.

4. The Compliance Office will work with Financial Aid to send out the cancellation letter to the Student-Athlete.

5. A Student-Athlete has 10 days from date of issuance to request an appeal.

CHANGES TO THE ATHLETIC GRANTS-IN-AID DURING THE ACADEMIC YEAR

An athletic grant-in-aid cannot be cancelled, or reduced during the period of the award due to the following reasons:

- On the basis of the Student-Athlete’s athletic ability, performance, or contribution to a team’s success; or
- Because of an injury, illness, physical or mental condition; or
- For any other athletic reason.

An athletic grant-in-aid can be cancelled or reduced during the period of the award for the following reasons:

- If a Student-Athlete renders himself/herself ineligible for intercollegiate competition; or
- If a Student-Athlete fraudulently misrepresents any information on an application, letter of intent or financial aid agreement; or
- If a Student-Athlete engages in serious misconduct warranting substantial disciplinary penalty; or
- If a Student-Athlete voluntarily withdraws from a sport at any time for personal reasons.

However, the recipient’s financial aid may not be awarded to another Student-Athlete in the academic term in which the aid was reduced or cancelled. Also, a student-athlete’s request for written permission to contact another four-year collegiate institution regarding a possible transfer does not constitute a voluntary withdrawal.
STUDENT-ATHLETE APPEAL PROCESS: REDUCTION, NON-RENEWAL, OR CANCELLATION OF ATHLETICALLY RELATED FINANCIAL AID

The Financial Aid Office must issue notice of renewal, reduction, or non-renewal of an athletic award on or before July 1st prior to the academic year in which it is to be effective. If a Student-Athlete grant-in-aid is reduced or not renewed, the Student-Athlete’s notification must include notice of the right to, and the procedures for, an appeal hearing. A Student-Athlete whose aid is cancelled during the period of the award also has the right to appeal. The Financial Aid Office shall consider all Student-Athlete appeals using the following procedures:

1. The Financial Aid Director shall send written notification to the Student-Athlete regarding the opportunity for an appeal hearing. The Student-Athlete shall have fourteen (14) consecutive calendar days upon the date of the issuance of the letter to respond, in writing to the Financial Aid Director and formally request a hearing.

2. Failure of the Student-Athlete to submit a written request for a hearing within fourteen (14) consecutive calendar days shall be interpreted as a refusal of the opportunity for a hearing. As a result, the initial determination for non-renewal, removal, or reduction of athletic grant-in-aid shall be made final and binding.

3. If a Student-Athlete notifies the Financial Aid Director in writing of their intent to appeal within the required time limit, the Financial Aid Director will email a “Request to Appeal the Non-Renewal, Removal, or Reduction of Athletic Scholarship” instructions and form to the Student-Athlete and the Athletic Director within two (2) business days of receipt of written notification. The completed form must be returned by the Student-Athlete and the Athletic Director to the Financial Aid Director within three (3) business days from the date the form was emailed.

4. The Athletic Scholarship Appeals Committee shall conduct a hearing within thirty (30) consecutive calendar days of receiving the written notification of a Student-Athlete’s intent to appeal. The Appeals Committee will notify the Student-Athlete and the Athletic Department on the time, date and location of the hearing.

5. The Athletic Scholarship Appeals Committee is comprised of: the Dean of Enrollment Services, Director of Student Success and the Assistant Director of Student Life. The Financial Aid Director will chair the committee.

6. The Student-Athlete and Head Coach and/or Athletic Director must come to the hearing with four (4) copies, one for each committee member, of any documents that will be presented. The Committee will already be provided any emails communications received regarding the request for appeal and a copy of the signed “Athletic Scholarship Agreement” for the Academic Year in question.

7. At the hearing the Student-Athlete and the Athletic Department will be allowed to present their case separately. Either party is allowed to present witnesses and/or documents for the hearing. The Student-Athlete and the Athletic Department will each be given up to 45 minutes to present their case.

8. The Student-Athlete may not be accompanied by any legal representation. The Student-Athlete may bring an advisor, such as a fellow student, family member, mentor, or friend.

9. At the conclusion of the hearing, the Athletic Scholarship Appeals Committee will have up to five (5) business days to render a final decision. The Committee can only decide on the scholarships. The Committee may not decide whether the Student-Athlete may compete for a roster spot.

10. The Financial Aid Director will notify the Athletic Director and the Assistant Athletic Director for Compliance, and the Student-Athlete of the committee’s decision in writing. This decision shall be final and not subject to appeal.
11. The information received by the committee and the decision of the committee is considered confidential. If the information is released concerning the decision or the evidence, then the decision by the committee could be reversed.

12. If the Appeals Committee should rule in favor of the Student-Athlete, then the Student-Athlete would remain a counter for his/her particular sport.

13. If the Appeals Committee denies the Student-Athlete, then the Financial Aid Director will reduce or remove the athletic aid from the Student-Athlete’s award screen.

All requests and supporting materials should be sent to:

Mississippi College Office of Financial Aid
200 South Capitol Street
Clinton, MS 39058
Phone: 601-925-3212
financialaid@mc.edu
RECRUITING

STUDENT-ATHLETE HOST
Current eligible Student-Athletes may serve as hosts to prospective Student-Athletes upon request of their coach. Acting as a student host is an important service to the institution and the athletics department. Appropriate conduct is required by the institution, the Gulf South Conference and the NCAA. In order to be a student host, current eligible Student-Athletes must go through an educational session conducted by the Compliance Officer and sign a “Student Host Guideline” form.

If entertainment funds are provided, the student-athlete must sign for the money with their head coach using the “Signature of Receipt of Funds” form. Host money may be used to entertain the prospective Student-Athlete in an appropriate manner as outlined within these guidelines. A student host may be asked to provide or be provided with a visit itinerary by or from their head coach. In any manner, the Student-Athlete host shall ensure that the prospective Student-Athlete returns to the appropriate persons or lodging as requested by the coach.

The following regulations govern Student-Athlete hosts:
- The Student-Athlete must be enrolled full-time and a certified NCAA full qualifier. If an initial partial or non-qualifier has served his/her year in residence and is now eligible for competition he/she may serve as a prospective Student-Athlete host.
- Only one student-host may be provided a free meal if attending a restaurant.
- The student host shall only receive money to entertain the prospect, the prospect’s parents or spouse and the student host or any staff member accompanying the prospect.
- A maximum of $30.00 per day will be provided to cover all entertainment expenses. An additional $15.00 per day may be provided for each additional prospect being hosted by one Student-Athlete.
- A student host may not purchase alcoholic beverages regardless of whether the host or the prospects are of legal drinking age.
- No cash may be given to the visiting prospect.
- A student host may not use entertainment funds to purchase gifts for the prospect.
- A student host may not use transportation provided or arranged by a Mississippi College staff member or booster of the athletics program.
- A student host may not transport the prospect or friends/family more than 30 miles from campus, except as part of transportation to/from public transportation (Airport, etc.).
- A student host should not allow recruiting conversations to occur off campus between a prospect and a booster.
- A student host may receive complimentary admission when accompanying a prospect to an on campus athletics event.

ENROLLED STUDENT-ATHLETES
Enrolled Student-Athletes may NOT make or participate in telephone calls at the direction of a coach.
- Enrolled Student-Athletes may receive telephone calls at the prospective Student-Athlete’s expense after July 1st following the completion of the prospective Student-Athlete’s junior year in high school.
- Off-campus, in-person recruiting contacts between enrolled Student-Athletes (or other enrolled students) and a prospective Student-Athlete are permissible if such contacts do not occur at the direction of a coaching staff member or a representative of the institution’s athletic interests. If unavoidable incidental contact occurs between a Student-Athlete and a prospective Student-Athlete (even at the prospective Student-Athlete’s high school), such contact is permissible, provided the institution had no prior knowledge of the occurrence of the contact.
AMATEURISM

MAINTAINING AMATEUR STATUS & ELIGIBILITY
Student-Athletes can lose amateur status and/or lose eligibility if after full-time college enrollment they:

1. Use their athletic skill (directly or indirectly) for pay in any form in that sport;
2. Accept a promise of pay even if such pay is to be received following completion of intercollegiate athletics participation;
3. Sign a contract or commitment of any kind to play professional athletics, regardless of its legal enforceability or any consideration received, even if the contract does not go into effect until all eligibility is exhausted.
4. Receive (directly or indirectly) a salary, reimbursement of expenses or any other form of financial assistance from a professional sports organization based on athletic skill or participation;
5. Compete on a professional athletics team, even if no pay or remuneration for expenses was received;
6. Receive educational expenses from an outside sports team or organization that is based in any degree on the Student-Athlete’s athletics ability;
7. Receive cash, or an equivalent, as an award for participation in competition at any time.
8. Receive expenses from an outside amateur sports team or organization in excess of actual and necessary travel, room and board expenses, and apparel and equipment for competition and practice held in preparation for such competition.
9. Receive any expenses, including actual and necessary expenses or any other forms of compensation, to participate in athletics competition from a sponsor other than someone the Student-Athlete is naturally or legally dependent upon or the nonprofessional organization that is sponsoring the competition;
10. Receive any payment, including actual and necessary expenses, based on the Student-Athlete’s or team’s place finish or performance or given on an incentive basis;
11. Enter into an agreement with an agent at any time.

AMATEURISM CERTIFICATION
The Athletic Department and the NCAA Eligibility Center, together, verifies the amateurism status for all Student-Athletes.

- Initial Amateurism - The NCAA Eligibility Center certifies initial amateurism for all PSAs.
- Continuing Amateurism – The Compliance Office monitors amateurism during the time a Student-Athlete is enrolled at Mississippi College.
- Transfer Amateurism – Transfers are required to go through amateurism re-certification with the Eligibility Center. The Compliance Office will also research the amateurism status of the transfer through the appropriate transfer tracer form as well as using the Student-Athlete’s Historical Questionnaire.

Anytime the Compliance Office is aware of questionable amateurism the NCAA Eligibility Center will be notified.

INvolvement with professional teams
A Student-Athlete may try out with a professional athletic team in a sport or permit a professional athletic team to conduct a medical examination at any time outside the Student-Athlete’s playing and practice season. However, during a tryout, an individual may not take part in any outside competition (games or scrimmages) as a representative of a professional team.

A Student-Athlete may receive actual and necessary expenses related to the tryout from a professional sports organization, provided the tryout does not exceed 48 hours. A tryout may extend beyond 48 hours if the individual self-finances additional expenses, including return transportation.
An individual may participate singly or as a member of an amateur team against professional athletes or professional teams but may not compete on a professional athletics team in that sport. However, an individual may compete on a tennis or golf team with persons who are competing for cash or a comparable prize, provided the individual does not receive payment of any kind for such participation.

**PROFESSIONAL DRAFT**

An enrolled Student-Athlete may enter a professional league’s draft during his or her collegiate career and be drafted by any team in the league without jeopardizing eligibility in that sport, provided the Student-Athlete does NOT ever agree (orally or in writing) to be represented by an agent OR sign a professional contract.

**CONTRACTS AND COMPENSATION**

After initial full-time collegiate enrollment, an individual who signs a contract or commitment that does not become binding until the professional organization’s representative or agent also sign the document is ineligible, even if the contract remains unsigned by the other parties until after the Student-Athlete’s eligibility is exhausted.

**AMATEUR STATUS IF PROFESSIONAL IN ANOTHER SPORT**

A professional athlete in one sport may participate as a student-athlete in another sport at the same institution. The institution may award institutional financial aid to a Student-Athlete, provided the Student-Athlete is not professional in the sport in which the Student-Athlete will participate.

**AGENTS**

An individual becomes ineligible if he or she agrees, or has ever agreed (orally or in writing) to be represented by an agent for the purpose of marketing his/her athletic ability in their respective sport, even if the arrangement does not take effect until the completion of the Student-Athletes eligibility.

An individual shall be ineligible, if he or she (or his or her relatives or friends) accepts transportation or other benefits from:

(a) Any person who represents any individual in the marketing of his or her athletics ability.

(b) An agent, even if the agent has indicated that he or she has no interest in representing the Student-Athlete in marketing his or her athletics ability.

NCAA rules do not prohibit Student-Athletes from receiving information about prospective agents or financial advisors. Nor do they prohibit engaging in telephone or in-person meetings or discussions with an agent or financial advisor as long as neither a written nor an oral commitment is agreed upon during such conversations.

**PROMOTIONAL ACTIVITIES**

If a Student-Athlete’s name or picture appears on commercial items or is used to promote a commercial product sold by an individual or agency without the Student-Athlete’s knowledge or permission, the Student-Athlete (or the institution acting on behalf of the Student-Athlete) is required to take steps to stop such an activity in order to retain his or her eligibility for intercollegiate athletics. Such steps are not required when a Student-Athlete’s picture is sold by an individual or agency for private use.

Student-Athlete involvement in the following promotional activities is prohibited:

1. A Student-Athlete may not permit use of his or her name or picture in a “name-the-player” contest conducted by a commercial business for the purpose of promoting that business.

2. A Student-Athlete’s name or picture may not be used by an athletics equipment company or manufacturer to publicize the fact that the institution’s team uses its equipment.
If a prospective or enrolled Student-Athlete receives a prize for winning an institutional or non-institutional promotional activity, it does not affect his or her eligibility, provided the prize is won through a random drawing in which all members of the general public or the student body is eligible to participate.

MEDIA ACTIVITIES
A Student-Athlete may participate in media activities (appearance on radio, television, in films, or stage productions) when such an appearance or participation is related in any way to athletics provided:

(a) The Student-Athlete is eligible academically to represent the institution at the time of appearance or participation;
(b) The Student-Athlete does not receive any payment for the appearance or participation in the activity; and
(c) The Student-Athlete does not make any endorsement (expressed or implied) of any commercial product or service.

OUTSIDE COMPETITION
In sports other than basketball, a Student-Athlete will become ineligible if after enrolling or during enrollment at Mississippi College they participate as a member of any outside team in any non-collegiate, amateur competition during the declared season in your sport until your eligibility is restored by the NCAA Division II Committee on Student-Athlete Reinstatement. This includes tournament play, exhibition games or other activities in your sport outside of your Mississippi College team (Bylaw 14.7.1).

It is permissible to participate on an outside team during the institution’s official vacation period (winter break, spring break, summer vacation) provided the competition does not occur during the sport’s declared playing season.

Student-Athletes should ask for approval to participate in any outside competition by discussing the opportunity with the Assistant Athletic Director for Compliance.

GAMBLING & SPORTS WAGERING
Student-Athletes are prohibited from entering into sports wagering for any sport in which the NCAA conducts a championship in that sport that:

1. Requires an entry fee and
2. Awards a prize.

Violators could lose a season of eligibility or any remaining eligibility (Bylaw 10.3).

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

GUIDELINES FOR COMPENSATING A STUDENT-ATHLETE
Compensation may be paid to a Student-Athlete provided:

- The student is paid ONLY for work actually performed.
- The student is paid at a rate equal with the going rate in that locality for similar services.
- When ensured that an employer shall not use the athletic reputation of a Student-Athlete employee to promote the sale of a product or service.
- The student May NOT be paid for lecturing or demonstrating only when working a camp or clinic.

STUDENT EMPLOYMENT OUTSIDE THE INSTITUTION DURING THE ACADEMIC YEAR
Student-Athletes are required to verify any employment that takes place outside the institution within 14 calendar days of employment by completing a Student-Athlete Employment Form and submitting to the Compliance Office. The Student-Athlete must affirm his/her understanding of the terms outlined in the Student-Athlete Employment Form and his/her intent to adhere to its provisions. The Student-Athlete must obtain the employer’s information prior to submitting the form to the Assistant Athletic Director for Compliance.

PROCEDURES FOR SUMMER EMPLOYMENT
Student-Athletes will be given an opportunity at the end of the spring semester to complete a Student-Athlete Summer Information Form indicating where they will be living over the summer, whether or not they intend to work over the summer, and whether or not they have already obtained jobs. If the Student-Athlete has already obtained a job, he/she must complete employment section on the information form.

The Compliance Office is required to compare the Student-Athlete Summer Information Form to the Student-Athlete Employment Form that is completed at the beginning of every school year in the new or returning Historical Questionnaire. Where differences are noted, the Assistant Athletic Director for Compliance will be required to meet with the Student-Athlete to correct the forms and/or take actions necessary to verify employment complies has complied with NCAA requirements. This includes employment at camps/clinics. Therefore, it is very important that Student-Athletes to keep the most up-to-date information on file in the Compliance Office.

Prior to employment at an off-campus job, all Student-Athletes must complete the Student-Athlete Employment Form. The Student-Athlete must obtain the employer’s information prior to submitting the form to the Assistant Athletic Director for Compliance.

Earnings from a Student-Athlete on-or off-campus employment that occurs at any time is exempt and is not included when determining a Student-Athlete’s full grant-in-aid or the institution’s financial aid limitations.

STUDENT EMPLOYMENT INSIDE THE INSTITUTION - WORK STUDY
Procedure for hiring a Work Study-Student Employee:

1. Any Student-Athlete that desires to attain a work study job on campus should talk to your Head Coach. Coaches will send a list of potential work study candidates to the Administrative Assistant.

2. Coaches will send a list of potential work study candidates to the Administrative Assistant. The Athletic Department will allow 8 hours of work study per week. Hours will be distributed on the basis of hiring approval.
3. The Administrative Assistant will verify with the Financial Aid Office those students that qualify for work study. *Because of limited financial resources, federally qualified students are preferred for work study in the athletic department. Exceptions will be handled by the Athletic Director on an individual basis.*

4. The Administrative Assistant will notify the supervisor of which students are approved for work study.

5. The student will then go to www.mc.edu/career and create an account.

6. The student will be required to upload a resume for Career Services to approve. Once approved, the student may apply for available positions online.

7. When the student applies for a position the supervisor will be notified via email. The supervisor will be responsible for screening the applicants and selecting dependable candidates.

8. The students selected will then be offered the position via email and they will have to accept the position online to continue the process.

9. Once the student accepts the position they will be sent an email with the necessary paperwork to complete and return to the Administrative Assistant. The paperwork will include the following:
   - Student Employment Form
   - Career Services Document Attachment
   - I-9 Form completed by the employee
   - I-9 Form completed by the hiring department/office
   - I-9 Verification documents attached (Passport / Driver’s License / Social Security Card)
   - Drug Free / Family Education Rights and Privacy Act (FERPA) Form
   - ACA Marketplace
   - W4
   - State tax form
   - Direct Deposit

10. The Administrative Assistant will then send the completed paperwork to the Financial Aid Office.

11. Once approved, Financial Aid will forward the forms to the Payroll Office.

12. The Payroll Office will then notify the Administrative Assistant as to the final approval and when the student can begin work.

13. The Administrative Assistant will notify the supervisor of the approved start date and work may begin.

14. Student employees are accountable to the area assigned as agreed upon with the Athletic Director and under direct supervision of the staff member in charge.

15. The supervisor is responsible for submitting a time sheet for each student approved for work study. Time sheets must be signed by the student and the supervisor and are due every other Thursday by 12:00 p.m. to the Administrative Assistant. *Failure to turn in a time sheet signed by the student and the supervisor will result in the student not receiving a paycheck for that pay period.*

16. The student’s education is their first responsibility; however, if the student is unable to perform the assigned duties jointly agreed upon by the student, and his/her supervisor, the student’s employment will be terminated.
**Self-Employment**  
A Student-Athlete with remaining eligibility is NOT permitted to conduct his or her own camp or clinic.

**Concession Arrangement**  
A prospective or enrolled Student-Athlete, at his or her own expense, may NOT operate a concession to sell items related to or associated with the institution’s camp or clinic. However, they institution MAY employ the prospective or enrolled Student-Athlete at a rate equal to the going rate in that locality for similar services.
AWARDS & BENEFITS

AWARDS & BENEFITS OVERVIEW
An extra benefit is any special arrangement by an institutional employee, booster or anyone that the Student-Athlete is not legally dependent upon, that provides the Student-Athlete, or the Student-Athlete’s relative or friend, a benefit not authorized by the NCAA. Receipt by a Student-Athlete of an award, benefit or expense allowance not authorized by the NCAA legislation renders the Student-Athlete ineligible.

Student-Athletes are permitted to receive expenses, from the institution, that are directly related to travel and competition while representing the institution, as well as the expenses included in the scholarship agreement. Receipt of any monetary or tangible benefit or award from persons outside of the Athletic Department is not permitted and renders the Student-Athlete ineligible.

Non-permissible awards or benefits include, but are not limited to;

1. Cash or equivalent;
2. Gift certificates;
3. Country club or sports-club or Healthplex memberships;
4. Use of vehicles or transportation provided for personal use or non-athletic related business;
5. Use of long distance telephone lines for non-course required issues;
6. Free typing or clerical services;
7. Gifts of clothing, equipment or jewelry;
8. Receipt of loans on deferred pay back or those not intended to be collected;
9. Unauthorized, excessive in-room movie rental, telephone use or other excessive or improper expenses on road trips; and
10. Use of golf courses for no fee or discounted rates.

COMPLIMENTARY TICKETS
Mississippi College may provide four complimentary tickets (for general admission seating) per home contest to a Student-Athlete in the sport in which the individual participates (either practices or competes) regardless of whether the Student-Athlete competes in the contest. Partial or Non Qualifiers will only receive complimentary admission for themselves. Complimentary admission for their family or friends will not be available per NCAA rules.

Note: Gulf South Conference policy dictates that no complimentary admissions are available for away contests.

The procedures for Complimentary Admissions for are as follows:

1. The Coach will allow each student-athlete the opportunity to place friends and/or family members on the Complimentary Admission List the day of or the day before the contest.
2. This list will be submitted to the Administrative Assistant at least one (1) hour prior to the start of the contest.
3. The Administrative Assistant will be responsible for getting this list to the pass gate.
4. On the day of the game, the recipients listed on the pass list should enter the facility through the pass gate and must have proper identification.
5. Guests will need to show I.D. and sign with a matching signature to be admitted to the contest.

The following are prohibited:
1. Receiving payment from any source for his or her complimentary admissions and may not exchange or assign them for any item of value. Receipt of payment for these complimentary admissions by such designated individuals is considered an extra benefit.

2. Special arrangements to sell Student-Athlete tickets (tickets shall be available for purchase by Student-Athletes according to the same purchasing procedure used for other students).

3. A Student-Athlete may not purchase tickets for an athletic contest from the institution and then sell the tickets at a price greater than their face value.

**FUNDRAISING POLICY**

Mississippi College athletic teams are allowed to raise monies to supplement their operational budgets. These monies will go into a restricted account (booster account) and can be used to enhance the program’s recruiting budget, travel, team gear, and other “approved” areas.

The following guidelines are to be followed for any fundraising activities:

- Student-Athletes cannot miss class for any fundraising activity.
- All written materials (letters, brochures, flyers, etc.) along with a list of all Student-Athletes participating must be approved by the Assistant Athletic Director for Compliance.
- Gifts-in-kind must be managed through the Office of Institutional Advancement.
- Any money raised cannot be used specifically for a Student-Athlete. All monies raised will be deposited into a University controlled account and directed to the sport program.

The following procedures are to be followed to gain approval for fundraising activities:

1. Any fundraising idea/plan must be approved before the campaign begins by submitting a Fundraising Request form to the Assistant Athletic Director for Compliance.
2. The Assistant Athletic Director for Compliance will approve and forward to the Vice President for Institutional Advancement.
3. Once all approval signatures have been received the Assistant Athletic Director for Compliance will return a copy of the signed Fundraising Request form back to the Head Coach to signify he/she may proceed with the fundraising project.

The following procedures are to be followed for collecting money for fundraising activities:

1. The Head Coach should communicate when all fundraising monies should be submitted.
2. The Student-Athlete should collect all monies and return to the coach with proper documentation the name, address and the amount given by each donor.
PLAYING & PRACTICE SEASONS

The NCAA puts limits on organized practice activities, the length of the playing seasons and the number of its regular season contests and/or dates of competition in all sports. There are also restrictions as to the amount of required activity that can take place in the off season for the specific purpose of minimizing the interference with your academic programs and the progress towards your degree.

MANDATORY PHYSICAL EXAM
All Student-Athletes will be required to undergo a mandatory physical exam and be cleared by the Athletic Training Staff before any practice or competition may take place.

PROOF OF INSURANCE FOR ATHLETIC PARTICIPATION
All Student-Athletes will be required to provide proof of medical insurance that covers athletic participation before being allowed to participate in any mandatory or voluntary activities.

SICKLE CELL TRAIT STATUS NOTIFICATION
In compliance with NCAA Bylaw 17.1.5.1, Mississippi College’s Athletic Department requires all Student-Athletes, to have documentation of a sickle cell solubility test (SST) or sign a waiver as part of his / her pre-participation physical examination.

REQUIRED DAY OFF
It is an NCAA requirement that all athletic-related activities are suspended for (1) calendar day per week during the playing season. Travel days may be used as a day off as long as no required activities take place on that day!

Exceptions:
- During participation in NCAA Championships
- During an official vacation period when classes are not in session
- During a period between academic terms when classes are not in session. This also includes preseason practice prior to the first day of classes.

MISSED CLASS TIME
- No class time shall be missed at any time (e.g., regular academic term, mini term, summer term) for practice activities except when a team is traveling to an away-from-home contest and the practice is in conjunction with the contest.
- Student-athletes from the team representing the host institution at a conference or NCAA championship, shall be permitted to miss class time to attend practice activities in conjunction with the event.
- In team sports, no class time shall be missed for competition, including activities associated with such competition (e.g., travel and other pregame or postgame activities), and conducted during the non-championship segment.

COUNTABLE ATHLETICALLY RELATED ACTIVITIES – (CARA)
Countable athletically related activities include any required activity with an athletics purpose, involving Student-Athletes and at the direction of, or supervised by, any member or members of an institution’s coaching staff (including strength and conditioning coaches) and must be counted within the weekly and daily limitations under Bylaws 17.1.6.1 and 17.1.6.2. Administrative activities (e.g., academic meetings, compliance meetings) shall not be considered as countable athletically related activities.

CARA Weekly Practice Logs & Auditing Procedures
The procedures for documenting weekly athletically-related activities are as follows:

1. The Head Coach is responsible for completing a weekly practice report in Front Rush each week. For each day, the Head Coach is responsible for indicating the date and the length of all team activity in the following areas:
practice, competition, team meeting, conditioning, weight training and film review.

2. A student-athlete will be required to login to Front Rush and confirm that the previous week’s CARA log is correct before Tuesday at noon.

3. CARA logs required signatures are as follows
   a. Championship segment (In Season) – Coach and different team representative each week
   b. Non-championship segment (Out of Season) – Coach and different team representative each week

4. CARA logs are reviewed by the Assistant Athletic Director for Compliance and then forwarded to the Faculty Athletics Representative

5. Random team practice checks will be conducted by the Assistant Athletic Director for Compliance and/or the Faculty Athletics Representative to ensure compliance within the NCAA Bylaws of the playing and practice legislation.

**Exception:**
It is permissible to have end-of-season team and individual meetings at any time (e.g., conclusion of a regular academic term, conclusion of the playing season). An end-of-season meeting is not considered a countable athletically related activity provided the meeting does not include any athletically related activities (e.g., watching game film, physical activities). Additionally, a travel day may count as a day off as long as no other required activities occur on that day.

**VOLUNTARY ACTIVITIES**
In order for any athletically related activity to be considered “voluntary,” all of the following conditions must be met:

- The Student-Athlete must not be required to report back to a coach or other athletics department staff member (e.g., strength coach, trainer, manager) any information related to the activity. In addition, no athletics department staff member who observes the activity (e.g., strength coach, trainer, or manager) may report back to the Student-Athlete’s coach any information related to the activity;

- The activity must be initiated and requested solely by the Student-Athlete. Neither the institution nor any athletics department staff member may require the Student-Athlete to participate in the activity at any time. However, it is permissible for an athletics department staff member to provide information to Student-Athletes related to available opportunities for participating in voluntary activities (e.g., times when the strength and conditioning coach will be on duty in the weight room or on the track). In addition, for students who have initiated a request to engage in voluntary activities, the institution or an athletics department staff member may assign specific times for Student-Athletes to use institutional facilities for such purposes and inform the Student-Athletes of the time in advance;

- The Student-Athlete’s attendance and participation in the activity (or lack thereof) may not be recorded for the purposes of reporting such information to coaching staff members or other Student-Athletes; and

- The Student-Athlete may not be subjected to penalty if he or she elects not to participate in the activity. In addition, neither the institution nor any athletics department staff member may provide recognition or incentives (e.g., awards) to a Student-Athlete based on his or her attendance or performance in the activity. [Note: Coaching staff members may be present during permissible skill-related instruction pursuant to Bylaw 17.1.6.2.2.]

**WINTER BREAK**
The winter break shall be a seven-consecutive calendar-day period from December 20 through December 26. When December 20 falls on a Friday, Saturday or Sunday, the winter break shall be a seven-consecutive calendar-day period that begins on the following Monday. When December 20 falls on a Monday, the winter break shall be a seven-
consecutive calendar-day period that begins on the following Tuesday. During the winter break, a Student-Athlete may not participate in any countable athletically related activities and may not participate in any voluntary athletically related activities on campus unless the facility is open to the general student-body.

**PRACTICE OUTSIDE OF PLAYING SEASON**

In sports other than football, a Student-Athlete’s participation in weight training, conditioning, team activities and/or skill instruction shall be permitted outside of the playing season during the academic year but limited to a maximum of eight hours per week, with no more than two hours per week spent on team activities and/or skill instruction, as follows:

_Winter Championship Sports_, (Basketball, Indoor Track) September 7 or the institution’s fourth day of classes for the fall term, whichever is earlier, through the day before October 15 for Basketball and through the institution’s declared start date for practice for Indoor Track

_Spring Championship Sports_, (Baseball, Softball, Golf, Tennis, Outdoor Track) from September 7 or the institution’s fourth day of classes for the fall term, whichever is earlier, through the day before the institution’s declared start date of the non-championship segment

_Fall Championship Sports_, (Cross Country, Football, Soccer, Volleyball) from the beginning of the institution’s second term of the academic year (spring semester) through the day before February 15

Following the institution’s final contest or final date of competition in the NCAA championship segment, a Student-Athlete is prohibited from engaging in countable athletically related activities for a 14-consecutive calendar-day period.

Between the end of the 14-consecutive calendar-day break period during the championship segment or the end of the non-championship segment, and one week prior to the beginning of the institution’s final examination period, a Student-Athlete’s participation in weight training conditioning and skill instruction shall be limited to a maximum of eight hours per week, of which not more than two hours per week may be spent on skill instruction. During this period, team activities shall not be permitted.

Any violations of the above mention restrictions should be reported to the Athletic Director, the Faculty Athletic Representative and/or the Assistant Athletic Director for Compliance.

**COMPETING AS AN INDIVIDUAL NOT REPRESENTING THE INSTITUTION (Unattached)**

Per NCAA guidelines, “It is permissible for a student-athlete to participate in outside competition as an individual during the academic year in the student-athlete’s sport, as long as the student-athlete represents only himself or herself in the competition and does not engage in such competition as a member of or receive expenses from an outside team, and is academically eligible for intercollegiate competition for the institution.”

- Competing Unattached (or as an Individual) means that you may not compete in any apparel or other equipment that identifies you with Mississippi College.
- Competing Unattached (or as an individual) means that you may not receive any travel expenses (meal money, snacks, lodging, gas or mileage reimbursement) that is normally provided to you as an MC team member.
- Competing Unattached (or as an Individual) means that you are voluntarily participating in the event and Mississippi College is not responsible for any such injury sustained in the competition.

Mississippi College policy for competing as an individual or unattached is as follows:

1. The student must complete and return a **Competing as an Individual** Waiver to the Compliance Office prior to the event. These forms may be picked up from your Head Coach.
SUMMER VOLUNTARY WORKOUTS

In fall championship sports, beginning June 1 through the conclusion of the institution's summer vacation period (August commencement), strength and conditioning personnel may design and conduct workout programs for student-athletes in those programs that will be reporting for fall practice. During this same time period the strength and conditioning staff may design a workout for winter & spring sports and may only supervise the activity for safety purposes.

Criteria for Voluntary Workouts
- Coaches may NOT observe the activity.
- Players may NOT be required to report back to a coach or other athletic staff member any information related to the activity (No athletic staff, including the strength coach, may report back to a coach regarding participation in the activity).
- The activity must be initiated and requested solely by the student-athlete. The athlete must not be required to participate.
- The student-athlete's attendance and participation or lack thereof, may NOT be recorded for the purpose of reporting back such information to a coach or other student-athletes.
- The student-athlete cannot be subject to penalty if he/she elects not to participate.

Requirements for Summer Voluntary Workouts
- **Mandatory Medical Exam**
  Prior to participation in any out of season conditioning activities, including summer voluntary workouts, student-athletes who are beginning their initial season of eligibility at Mississippi College will be required to provide proof of a physical that has occurred within the last 6 months. Returning student-athletes must have an updated medical history within the last six (6) months and be cleared by the athletic training staff for such activity.

- **Sickle Cell Solubility Test**
  In compliance with NCAA Bylaw 17.1.5.1, Mississippi College’s Athletic Department requires all Student-Athletes, to have either of the following before being cleared to workout: (1) Results from a previous sickle cell trait solubility test (SST). The student-athlete will be responsible for all costs associated with this test or (2) A signed waiver from the student-athlete whereby he/she refuses the right to have their sickle cell status determined. (*Student-Athlete’s that sign a release waiver will undergo additional education regarding the risks, impact and precautions associated with sickle cell trait status.*)

- **Assumption of Risk Waiver**
  All student-athletes that voluntarily wish to use the Charles & Aline Williams Strength Center outside of the academic year (ex: summer break) will be required to provide an Assumption of Risk waiver that has been signed by the student-athlete and his/her parent or legal guardian before being allowed to participate in summer voluntary workouts at Mississippi College. The waiver states the understanding that the activity is voluntary and any injury sustained will not be the financial responsibility of MC.

Safety & Security
The Assistant Athletic Director for Sport Performance or any current trained member of the Strength and Conditioning Staff must be present and conduct the voluntary summer workout activity. Before monitoring OR conducting such an activity, the strength and conditioning staff must be certified in CPR and AED use.

Scheduling / Timing of Workout
Workout schedules will be determined by the Strength & Conditioning staff based on availability.
Vacation Period Expenses
Mississippi College may provide the following in accordance with NCAA rules:

- An institution may rent, at the regular institutional rate, dormitory space to a prospective or enrolled student-athlete during the summer months if it is the institution’s policy to make dormitory space available on the same basis to all prospective or enrolled students. The institution may not provide an on-campus or off-campus housing benefit for student-athletes that are not available on the same basis to the general student body. *MC policy currently allows only those enrolled in summer school to live in the dorm.*

- An institution may provide permissible nutritional supplements to a student-athlete for the purpose of providing additional calories and electrolytes. Permissible nutritional supplements do not contain any NCAA banned substances and are identified according to the following classes: carbohydrate/electrolytes drinks, energy bars, carbohydrate boosters and vitamins and minerals.

Summer Workout Approval Process

1. The Head Coach will provide a team roster to the Strength & Conditioning staff.

2. The Head Coach will be responsible for sending the Assumption of Risk waiver to all student-athletes.

3. The Strength & Conditioning staff will verify that ALL returning student-athletes have an updated medical history and have been cleared by the Athletic Training staff.

4. The Strength & Conditioning staff will make sure that all participating student-athletes that use the strength center over the summer have a physical, the signed Assumption of Risk waiver, and that all newcomers provide sickle cell test results or provide a signed waiver before participating.
EQUIPMENT POLICY

Equipment and apparel are the property of the Mississippi College Athletic Department. Equipment and apparel must be returned at the conclusion of the playing season or upon your departure from the team. However, a Student-Athlete may retain institutional athletics apparel items (not equipment) at the discretion of the Head Coach.

The procedures for equipment and apparel are as follows:

1. If equipment and/or apparel are lost, stolen, damaged, or not returned after leaving the team or at the end of the playing season/academic year, the Student-Athlete will be held financially responsible and will be charged for the equipment and/or apparel.

2. The Head Coach or Equipment Manager will email the Bursar the name of the student, ID number and value of the equipment and request a HOLD on to be placed on the student’s account.

3. The Bursar will place a HOLD on the student’s account until notification that the equipment has been returned or payment received. This HOLD will prevent the student from pre-registering for class, receiving end of semester grades, and/or releasing a transcript from Mississippi College.

A Student-Athlete may not accept free of charge, or purchase at a discounted or reduced price, athletics equipment, supplies, or clothing (e.g., tennis racquets, golf clubs, balls, shirts, etc.) from a manufacturer or commercial enterprise, that is not offered to the general student body. Such items may be provided to the Student-Athlete’s institution to be used by the institution’s team in accordance with accepted practices for issuance and retrieval of athletic equipment/apparel. (NCAA Bylaw 16.11.2.5)
FACILITIES USE POLICY

The athletic facilities are for the sole use of Mississippi College Student-Athletes and the intercollegiate sports that are offered. However, there are guidelines required for use of such facilities:

GUIDELINES OF FACILITY USE:

- ALL facilities must be supervised while in use by student-athletes for liability and security purposes. Supervision comes from the Head Coach, an Assistant Coach, or a Graduate Assistant Coach. A work study student may also supervise the weight room if they are working at the time of supervision.

- Only currently enrolled student-athletes may use the Athletic Department facilities.

TRACK:
The track is available to you as a student-athlete during supervised weight room hours or by the supervision of your coach or permission of the Athletic Director.

The Track and Field equipment may ONLY be used under the supervision of the Track and Field coaching staff.

PRACTICE / GAME FACILITIES:
Outside of the playing season, the facilities may only be used upon the approval of the Head Coach or Athletic Director AND when appropriately supervised.

LAUNDRY ROOMS:
Laundry rooms in Athletic Department facilities are for the purpose of washing team apparel. Student-athletes may not use these facilities for personal use.

COPY ROOMS:
Copy rooms (including printers, fax machines and scanners) in Athletic Department facilities are for the sole use of Mississippi College employees for University business. Student-athletes may not use these facilities for personal use to complete required class assignments.
SPORTS PERFORMANCE – STRENGTH & CONDITIONING

Mission Statement:
The mission of the strength and conditioning staff is to develop the most physically and mentally prepared athletic teams as possible. The program will use multiple progression training techniques. The program will be based on scientific physiological principles, sport specific focus, experimentally proven methods, safe and productive physical training by means of periodized progressive overload. Our primary emphasis will be to maximize the physical and mental toughness potential of every student-athlete. Our goal is to provide the student-athletes with the best motivational and “hands on” strength and conditioning program in the country. In all areas of strength and conditioning, we are committed to the principles of character, ethical conduct, integrity and excellence.

We Are Building A Championship Culture.

Program Philosophy:
As a strength and conditioning program, we want to provide quality teaching in all aspects of strength and conditioning. We want to challenge the student-athletes both mentally as well as physically in hopes of them reaching their full potential. Striving for excellence in every sport in the athletic department is our goal. The programs will be designed and planned out for each sport using the newest and safest training techniques for all sports teams. We will give the athletes a competitive, motivating, SAFE, and challenging environment in every workout session. Our ultimate goal is to instill values in the athletes that they will take with them forever. Values such as; Honesty, Integrity, Teamwork, Respect, and Character.

Program Goals:
• Provide every athlete the equipment and instruction that will allow our athletes to excel in their sport or sports.

• Provide SAFE, intense, and sport specific training for all sport teams.

• Use the safest and newest training techniques.

• Develop a highly distinguished, respectable strength and conditioning staff and department.

BUILD A CHAMPIONSHIP CULTURE EVERYDAY

Program Objectives:
1) Develop sound programs based on physiological principles as applied to each individual sport depending on the needs for each sport.

2) Develop a training system that will increase strength, speed, power, agility, flexibility, and conditioning for each athlete of each team.

3) Develop a training system that will keep the athletes healthy and competition ready through the duration of their respective seasons.

4) Develop well rounded, knowledgeable and experienced strength and conditioning coaches.
**Strength Staff Objectives:**

1) Coaches must be certified (SCCC OR CSCS)

2) Coaches must be CPR certified

3) Coaches must attend at least 1 strength/conditioning clinic or conference annually.

4) Coaches must attend weekly staff meetings.

5) Coaches must check with athletic training staff weekly to ensure the health status of their athletes.

6) Coaches must be at least 30 minutes early for every workout for any last minute planning or any initial equipment set-up.

7) Coaches must be familiar with the exercises prescription and coaching cues before the workouts begin.

8) Coaches must keep the intensity level high and create an ENTHUSIASTIC, EXCITING, and POSITIVE workout environment.

9) Coaches must hold the athletes accountable for their actions.

10) Always, Always, Always make SAFETY #1 priority....

**Weight Room Policies:**

1) No student other than the student-athletes will be allowed to lift weights in the weight room.

2) All athletes must have turned in the proper paperwork (physical, academic, etc...) before use of the weight room facility will be allowed. Including Summer Paperwork on ALL student-athletes.

3) Proper attire must be worn during training sessions: School issued clothing.
   - No hats and no sandals
   - No tank tops
   - Shirts must be worn over sports bras
   - No student-athlete will be allowed to wear baggy pants or baggy shorts at anytime while in the weight room.

4) No abusive language or abusive actions to anyone or any piece of equipment.

5) No horse play, socializing, fighting or any other distracting activity.

6) No food or beverage allowed during training session.

7) Mississippi College nor Strength staff will be held responsible for personal valuables.
8) Athletes not in a team workout are to be supervised by a member of the strength/conditioning staff and/or check with their respective staff strength coach.

9) Any student-athlete that continues to be disruptive to the facility or orientation of the facility will be removed and no longer allowed to use the weight room.

10) No smoking, chewing tobacco, snuff, etc…. will be allowed in the weight room at any time.

11) Return all weights/equipment back to its proper place after use.

12) The weight room is for hard work only, anything less will not be tolerated.

13) Use collars or clips on free weight bars during use.

14) Any Mississippi College alumni must sign waiver before working out, and must not workout when there are other workout groups present.

15) No staff members will be allowed to use facilities while there are teams lifting. Please check the weight room schedule before beginning your own personal workout.

*If you want to be a CHAMPION, you must prepare like a CHAMPION!!!
ATHLETIC COMMUNICATIONS – SPORTS INFORMATION

The Mississippi College Department of Athletic Communications serves to provide coverage of MC Athletics to the media, community, students and fans.

Athletic Communications covers all media aspects for all 17 Mississippi College intercollegiate sports. The department coordinates interviews, conducts press conferences, produces media guides, maintains statistics and serves as the webmaster for the official website of MC Athletics, www.gchoctaws.com. On the website, you will find schedules, rosters, game results, statistics, archives and other up-to-date information about Choctaw athletics. For updates on the Gulf South Conference, including standings, statistics and results of other GSC contests, please visit the GSC website at www.gscsports.org.

Athletic Communications also coordinates all game day media services and works with state, regional and national media to promote Choctaw and Lady Choctaw athletics. Occasionally, Student-Athletes may be asked for post-game interviews by a member of the Athletic Communications staff or the local media. Student-Athletes should be mindful of the fact that, when talking to the local media, they are representatives of Mississippi College. Media are discouraged from contacting the Student-Athlete on their own. If a member of the media contacts a Student-Athlete, they should be referred to the Department of Athletic Communications to schedule an interview. If, for any reason, a member of the media approaches a Student-Athlete and attempts to pressure them into answering questions they do not feel comfortable with, the Student-Athlete should contact the Department of Athletic Communications immediately.

Athletic Communications also updates and maintains social media sites, such as:
Facebook – Search “ChoctawSports”
Twitter - @ChoctawSports
Instagram - @ChoctawSports
YouTube – Search “GoChoctaws”

INFORMATION DISCLOSURE

Buckley Amendment
An institution is not permitted to disclose information regarding a Student-Athlete's:
1. Results of NCAA or institutional drug tests,
2. Pre-college test scores and information relating to eligibility of nonstandard testing,
3. Records concerning financial aid,
4. Records concerning campus or home addresses or phone numbers, and
5. Any other papers or information pertaining to his or her NCAA eligibility

PRESS INTERVIEWS - All media requests must be approved by and facilitated by the Assistant Athletic Director for Athletic Communications/Sports Information Director and Assistant Athletic Director for Compliance. Coaches are NOT allowed to approve any media request made involving prospective or current Mississippi College Student-Athletes.

Other guidelines for interviews are:

- Preparation is the key to a successful interview.
- Contact the Athletic Communications Staff for help in preparing for the interview. The MC Athletics Communication staff can prepare the Student-Athlete for tough interviews by presenting possible media questions and scenarios. The staff can also simulate a tough interview if necessary.
- Dress appropriately for all in person interviews.
ATHLETIC TRAINING

Mississippi College has three full-time certified athletic trainers on staff along with graduate assistant and student assistant trainers. Athletic training services are provided for the care and prevention of injuries as well as the rehabilitation of injuries sustained in practice and competition for varsity and junior varsity events while at Mississippi College only.

I. General Guidelines:

A. The Athletic Training Department is for the exclusive use of Mississippi College Student Athletes. It is not for the use of the MC general student body, alumni, family, or friends. Non-athletes should NOT be brought into the MC Athletic Training Room for injury evaluations or treatments.

B. Student athletes are expected to report all of their injuries promptly to the Athletic Training Department no later than 9:00 AM in order to be placed on the daily coach’s injury report.

C. Directions of the Mississippi College Athletic Training Department, physicians, and medical specialists must be implemented without alteration.

D. Coaches will neither require nor permit a sick or injured student athlete to practice or participate in a contest without approval of the Mississippi College Athletic Training Department, physicians, or medical specialists.

E. All student athletes at Mississippi College will receive equal treatment regardless of race, color, creed, sex or athletic ability.

F. All illnesses or injuries requiring attention during the school year (fall and spring semesters) must be reported to the Mississippi College Athletic Training Department in accordance with the times listed in number two above.

II. Athletic Training Staff Coverage

A. Every formal intercollegiate athletic practice or event should have some level of medical staff coverage. Every attempt is made to provide on-site coverage. Staff size relative to the number of scheduled practices or events dictates what coverage the Athletic Training Staff is able to provide. Coverage is defined as having Athletic Training Staff assigned who are responsible for carrying out the Injury Management Plan or the Emergency Medical Plan.

B. Proper notification of team scheduling and appreciation of staffing and time limitations of the Athletic Training Staff will help insure that no scheduled activity is uncovered. It is required that any practice or event changes be immediately communicated to the Athletic Training Staff per the prior change of schedule procedures.

C. All home intercollegiate athletic contests will be covered on site by a member of the Athletic Training Staff.

D. Away contests will be covered by an Athletic Training Staff member when possible.

E. Off-season practices will be covered on site based on staff and scheduling availability. Injuries resulting from such practices can be treated during Athletic Training Room open hours. If a life threatening or serious injury occurs during practice, EMS should be notified then an on-campus ATC should be notified immediately.
F. Teams’ regularly practicing off campus will not be covered. The team will have contact with their assigned staff member by phone.

III. Confidentiality

Athletic Training is an Allied Health Care profession. Therefore, whenever Student-Athlete medical records are retained or initiated, confidentiality must be maintained according to the Health Insurance Portability and Accountability Act of 1996 (HIPPA). Medical records will not be left unattended, removed from the athletic training room, or copied without the Student-Athlete’s written permission. At no time should there be discussion about an injury or injured Student-Athlete with anyone other than the medical staff. This includes parents, roommates, professors, the press, other coaches, and community members. All Athletic Training Staff must always be aware of their surroundings and other persons present before discussing any confidential information.

The Athletic Training Department has adopted the following policy in order to protect the Student-Athlete while also providing appropriate communication between University officials, medical providers and others to protect the health and safety of each Student-Athlete.

A. The Athletic Training Staff will have access to Student-Athlete health records and will communicate amongst each other on a need to know basis for the purpose of protecting the health and safety of the Student-Athlete.

B. The Athletic Training Staff will need to communicate general illness/injury status with the coaches of the team in which the Student-Athlete participates. This is to ensure that all staff may properly follow the injuries and illnesses procedures listed in “VII”. Approval can be revoked at any time by the Student-Athlete; however, revocation of authority to provide information to the respective coaches may jeopardize the Student-Athlete’s ability to continue to participate in intercollegiate athletics at Mississippi College.

C. When a Student-Athlete sustains an injury the athletic training staff may be approached by a member of Mississippi College sports information department and/or outside media agencies. Student-Athletes are given the opportunity to approve and/or decline the release of medical information to such persons at the beginning of the school year. Approval can be revoked at any time by the Student-Athlete. If authorized by the Student-Athlete, information released to the media will be limited to the nature of the injury, the anticipated period of time before the athlete is able to compete again, and, if hospitalized, condition of the athlete as designated by the hospital (e.g., good, fair, stable, critical).

D. It will frequently be necessary for the Mississippi College Athletic Training Staff to communicate with a team physician or other medical providers concerning the medical history or medical care of a Student-Athlete. Student-Athletes sign an information release form at the beginning of each school year. Approval to release medical information to parties outside the University may be revoked at any time by the Student-Athlete; however the revocation of authority to release Student-Athlete medical information to outside medical providers will impair the medical staff’s ability to protect the health and safety of the Student-Athlete. Failure to allow the Mississippi College Athletic Training Staff to communicate with outside medical providers can jeopardize the Student-Athlete’s ability to continue to participate in intercollegiate athletics at Mississippi College.

E. When a Student-Athlete sustains an injury the Athletic Training Staff may be contacted by or may need to contact the Student-Athlete’s insurance carrier or medical providers. Student-Athletes are given the opportunity to approve or decline the release of medical information to such persons at the beginning of the school year.
Approval can be revoked at any time by the Student-Athlete; however, revocation of authority to provide information to an insurance company may result in the athlete’s personal financial responsibility for any medical care received.

F. When a Student-Athlete sustains an injury, the athlete’s parents may request information about the injury from the Athletic Training Staff. Student-Athletes are given the opportunity to approve or decline the release of medical information to parents at the beginning of the school year. Approval can be revoked at any time by the Student-Athlete.

IV. Medical Expenses
   A. All student athletes are required to provide proof of medical insurance coverage in the form of an insurance card to the Mississippi College Athletic Training Department in order to participate in athletics at Mississippi College. This proof of insurance is required to use any Athletic Department Facilities even for voluntary workouts. All student athletes must keep this insurance coverage for the entire calendar year. This insurance must cover intercollegiate athletics.

   B. All medical and drug expenses for ATHLETICALLY RELATED injuries and illnesses in excess of the student athlete’s primary insurance coverage will be considered for payment by the Mississippi College Athletics Department.

   C. If said expenses are approved for payment the Mississippi College Athletics Department will cover only the first $3500 per incident that is not covered by the student athlete’s primary insurance. The $3500 per incident cap includes deductibles, co-pays, and percentages not covered by primary insurance. All expenses in excess of this $3500 per incident cap will be the responsibility of the student athlete.

   D. Athletically related injuries and illnesses are those which occur while a student athlete is participating in MANDATORY coach directed team practices, workouts, and competitions.

   E. All medical and drug expenses for injuries and illness that occur while participating in VOLUNTARY workouts and weight room sessions will be the responsibility of the student athlete.

   F. All medical and drug expenses for injuries and illnesses which are deemed pre-existing or occur from a direct result of a pre-existing injury or illness will be the responsibility of the student athlete.

   G. All medical and drug expenses for injuries and illnesses which are deemed non-athletically related will be the responsibility of the student athlete. The student athlete should report these injuries and illnesses to the Mississippi College Athletic Training Department within one working day.

   H. All medical and drug expenses from providers other than the Mississippi College physicians and medical specialists will be the responsibility of the student athlete. The only exception will be if the student athlete is referred to an outside provider by the Mississippi College Athletic Department, physicians, or medical specialists.

   I. All medical and drug expenses incurred, including student health services, without prior consent and knowledge of the Mississippi College Athletic Training Department will be the responsibility of the student athlete.

   J. In the event of a lapse in coverage (i.e. failure to pay premium, change of employment of parent, student athlete being dropped from the policy) all medical and drug expenses incurred during this time will be the responsibility of the student athlete.
K. The student athlete’s medical insurance will be considered “primary,” for all athletically related injuries and illnesses meaning that all medical and drug expenses must first be submitted to the student athlete’s insurance provider for payment.

L. If a medical bill is received by a student athlete or his/her parents, they should forward this bill to the Mississippi College Athletic Training Department for processing.

M. If a student athlete is covered by a PPO or HMO the Mississippi College Athletic Training Department will seek medical treatment for said student athlete from within the network system of the student athlete’s primary insurance company. Exceptions to this would have to be approved by the Mississippi College Athletics Director. In the event an exception is made, the Mississippi College Athletic Department may elect to consider for payment diagnostic testing and initial doctor’s visits outside of the student athlete’s network system in order to obtain diagnosis. If after the diagnosis is made it is found that the illness or injury will require surgical intervention or prolonged treatment the Mississippi College Athletic Department would then seek said treatment from within the student athlete’s network system.

N. Any cost incurred for therapy or treatment that is provided outside of the Mississippi College Athletic Training Facility that could be provided by the Mississippi College Athletic Training Department will be the responsibility of the student athlete.

V. Team Physicians and Medical Specialists
   A. The team physicians and medical specialists for the Mississippi College Athletic Department are as follows:
      - Family Practice-Baptist Health-Plex Family Practice Medical Center
      - Orthopedic Surgeons-Mississippi Sports Medicine and Orthopedic Clinic
   B. The team physicians, orthopedic surgeons, etc. are available to examine any student athlete who receives an injury during a practice session or athletic contest.
   C. If the services of the team physicians, orthopedic surgeons, or other outside specialists are needed, the athlete will be referred to them by the Mississippi College Athletic Training Department.
   D. No coach or student athlete will call the team physicians, orthopedic surgeons, etc. to make an appointment for an athlete without prior knowledge and consent of the athletic training staff.

VI. Second Opinions
   A. The athlete may elect to seek a second opinion in all matters of health and injury. However, should the athlete elect to seek a second opinion on his/her own, the Mississippi College Athletic Department will NOT be responsible for payment for the cost of any unauthorized second opinions. The only exception would be a referral from the Mississippi College Athletic Training Department, physicians, or medical specialists. Should the student athlete elect not to follow the advice of the Mississippi College Athletic Training Department, physicians, or medical specialists, they have effectively checked themselves out of the Mississippi College Athletic Department healthcare management system. In order to return to participation, the student athlete must receive clearances for FULL PARTICIPATION from their attending physician and the Mississippi College Athletic Training Department, physicians, or medical specialists. It is the student athlete’s responsibility to obtain such clearances. These documents must be brought to the Mississippi College Athletic Training Department. Furthermore, the Mississippi College Athletic Department, Mississippi College Athletic Training Department, physicians, and medical specialists are not bound by said second opinions. This is especially true when considering a play vs. non-play decision.
   B. In the event a student athlete opts to get a second opinion outside of the Mississippi College Athletic Department Healthcare Management System, and receives services by the outside providers, all expenses incurred will be the student athlete’s responsibility.
The Mississippi College Athletic Training Department is not responsible to perform therapy or treatment not directed by physicians in the Mississippi College Health Care System.

**VII. Injuries and Illnesses Procedures**

A. If injured during a practice or game, the student athlete must follow the instructions of the Mississippi College Athletic Training Department, physicians, or medical specialists as applicable.

B. All student athletes who are injured or ill and cannot compete will be placed on the coach’s daily injury report. A copy of this report will be given to the student athletes’ respective coaches.

C. If ill or injured, the final decision as to whether or not the student athlete may participate is left up to the Mississippi College Athletic Training Department, physicians, or medical specialists as applicable.

D. If you are injured or ill, you must still report to all designated times for practices, treatments, and meetings unless specifically excused by your coach or confined to bed by the Mississippi College Athletic Training Department, physicians, or medical specialists.

E. The student athlete must follow all instructions of the Mississippi College Athletic Training Department, physicians, or medical specialists as applicable. Mississippi College Athletic Training Department, physicians, or medical specialists will decide upon changes of initiative care, treatment, or rehabilitation programs.

F. The student athlete will be returned to the active list only upon the direct advice or consent of the Mississippi College Athletic Training Department, physicians, or medical specialists.

**VIII. Physical Examinations**

A. The NCAA and the Mississippi College Athletic Department require an initial complete physical examination. All first time student athletes must have this examination before participation or practicing. These pre-participation physical exams will be provided by Mississippi College.

B. Returning student athletes must complete an interim physical examination each year.

C. No student athlete will be allowed to practice or participate in an intercollegiate sport until a Mississippi College team physician or medical specialist has completed the proper physical examination. This includes the use of weight room facilities, mandatory and voluntary workouts. Only physical exams completed by the Mississippi College Athletic Department physicians will be accepted.

D. Mississippi College, its physicians and medical specialists reserve the right to refuse payment for any diagnostic testing required to determine a student athlete’s eligibility for participation in intercollegiate athletics due to any pre-existing medical condition. In addition, Mississippi College may have the student athlete and his/her parents sign a waiver releasing Mississippi College of its obligations for pre-existing conditions.

E. Based on the physical exam and medical history, Mississippi College and its physicians and specialists reserve the right to disqualify a student athlete from athletic participation at Mississippi College.

**IX. Medications**

A. All prescriptions needed for an athletic injury/illness will be dispensed by an MD with a written prescription.

B. No prescriptions will be dispensed by the Mississippi College Athletic Training Department, but may be administered per a doctor’s order.

C. It is mandatory that all student athletes advise the Mississippi College Athletic Training Department of all prescriptions they are presently taking.
D. The Mississippi College Athletic Department will only cover the cost of medications prescribed by physicians for athletically related injuries.

X. Dental Care
A. The student athlete is responsible for reporting any injury to his/her teeth. It must be reported immediately after it occurs.

B. In sports that require mouth protection for all participants, the Mississippi College Athletic Department will provide mouth guards. It is the student athlete’s responsibility to make sure they maintain and wear such mouth guards during both practice and competition. If the student athlete sustains any injury (to head/mouth) and is ordered to wear a mouth guard by the team dentists and/or physicians, and later sustains a re-occurrence injury without wearing the prescribed mouth guard, expenses for all treatment will be the student athlete’s responsibility.

C. The Mississippi College Athletic Department is not responsible for routine dental care such as having cavities repaired or dental problems not related to athletic injury.

D. If a student athlete receives an injury to his/her teeth during an athletic function, the Mississippi College Athletic Department’s team dentist will determine the type of extent and repair.

XI. Return to Play Policy
A Mississippi College Physician or his/her designee, in consultation with a Mississippi College certified athletic trainer, has the final authority in deciding if and when an injured student-athlete may return to practice and/or competition.

A student-athlete’s private physician does not have any jurisdiction as to the participation status of the student-athlete. Any student-athlete seen by any physician other than the Mississippi College Team Physician or by a physician on the recommendation of a Mississippi College Team Physician, he/she must return to the athletic training room for follow-up and final clearance prior to active participation status. If a student-athlete is under the care of a private physician for an injury or illness and the physician’s treatment precludes or alters activity in intercollegiate athletics, the student-athlete must secure, in writing, a release to reinstate the student-athlete to full participation.

If the student-athlete is not fully released, then they must have in writing from the student-athlete’s private physician the specific instructions in writing as to the level of participation, what the patient may/may not do in athletics and what treatments (if any) are allowed by MC’s athletic training staff. If these instructions are not received, then it is the athlete’s responsibility to receive clarification of those instructions in writing from the athlete’s private physician. However until those clarifications are made, the athlete will be barred from all athletic participation including conditioning, practice and games.

No student-athlete will be allowed to return to participation until the Mississippi College Sports Medicine Unit has received a release (as described above) from the private physician and the student-athlete is examined by a Mississippi College Team Physician and cleared for participation.

XII. Return to Learn
It is recommended that concussed students gradually return to their academic activities in a manner that mimics their gradual return to physical activities. The following guidelines will be used to return a student to normal activity in the classroom. Students may start at any step as symptoms dictate and remain at that step as long as needed. Return to previous step(s) if symptoms worsen.

Progression is individual, all concussions are different!

1. Preparing to return to academic activities
   - Begin to engage in light mental activity (ex: reading) for short periods (15 min 2x per day)
- Limit other mental/cognitive activities, especially those known to worsen symptoms (ex: using a computer, texting, listening to loud music).

2. Beginning light academic activities
   - Return to class
     - Try returning to a single class or a limited number of classes at first.
     - Pick a class that is scheduled during a time where you are alert and symptom free
     - Arrange for someone else to take notes; focus on paying attention and participating
     - Change seating arrangement if you are easily distracted (ex: move to the front)

   - Work on short/small assignments
     - Work for short periods of time and rest between academic work sessions
     - Avoid working on a computer or watching TV if it causes headaches, eye strain or neck/head tension
   - Begin reading course material for short periods of time

   - Continue to limit other problematic cognitive activities to short periods of time

   *The student may progress to the next level when able to handle 30-45 minutes of mental exertion without worsening symptoms.*

3. Increase the academic workload
   - Return to more of the classes & begin taking notes during class
   - Begin to complete major assignments, tests and projects
   - *The student may progress to full return when able to handle 60 minutes of mental exertion without worsening symptoms.*

4. Return to normal academic workload
   - Return to all classes
   - Arrange to take tests and complete major assignments.
   - *The gradual return to classes is encouraged. The student may be able to return to some of their classes before others.*

*Procedures for returning a concussed student to the classroom are as follows:*

1. Once the Athletic Training Staff has diagnosed a student-athlete with a concussion, the Head Athletic Trainer will notify the Academic Advisor for Athletics.

2. The Academic Advisor for Athletics will send an email to the Vice President for Academic Affairs Office. The email will include the student-athletes class schedule, an informative letter to the professor and educational resource material for how the professor can assist the concussed student.

3. The Vice President for Academic Affairs Office will then notify each of the student-athletes professors of the concussion.
XIII. Concussion Management

MC will require student-athletes to sign a statement in which student-athletes accept the responsibility for reporting their injuries and illnesses to the sports medicine staff, including signs and symptoms of concussions. During the review and signing process student-athletes will watch a NCAA video on concussions and be provided with educational material on concussions.

MC will have on file and annually update an emergency action plan for each athletics venue to respond to student-athlete catastrophic injuries and illnesses, including but not limited to concussions, heat illness, spine injury, cardiac arrest, respiratory distress (e.g. asthma), and sickle cell trait collapses. All athletics healthcare providers and coaches shall review the plan annually.

MC sports medicine staff members shall be empowered to determine management and return-to-play of any ill or injured student-athlete, as he or she deems appropriate.

MC shall have on file a written team physician–directed concussion management plan that specifically outlines the roles of athletics healthcare staff (e.g., physician, certified athletic trainer, nurse practitioner, physician assistant, neuropsychologist). In addition, the following components have been specifically identified for the collegiate environment:

i. MC coaches will receive a copy of the concussion management plan, a fact sheet on concussions in sport, and view a video on concussions annually.

ii. MC sports medicine staff members and other athletics healthcare providers will practice within the standards as established for their professional practice (e.g., team physician, certified athletic trainer, physical therapist, nurse practitioner, physician assistant, neurologist, neuro-psychologist).

iii. MC shall record a baseline assessment for each student-athlete in the sports of baseball, basketball, football, pole vaulting, soccer, and softball, at a minimum. In addition, a baseline assessment will be recorded for student-athletes with a known history of concussion. The same baseline assessment tools should be used post-injury at appropriate time intervals. The baseline assessment should consist of the use of: 1) symptoms checklist and 2) neuropsychological testing. Neuropsychological testing has been shown to be effective in the evaluation and management of concussion. Post injury neuropsychological test data will be interpreted by a physician prior to return to play. Neuropsychological testing has proven to be an effective tool in assessing neurocognitive changes following concussion and can serve as an important component of an institution’s concussion management plan. However, neuropsychological tests should not be used as a standalone measure to diagnose the presence or absence of a concussion, and MC uses a comprehensive assessment by its sports medicine staff.

iv. When a student-athlete shows any signs, symptoms or behaviors consistent with a concussion, the athlete will be removed from practice or competition, by either a member of the coaching staff or sports medicine staff. If removed by a coaching staff member, the coach will refer the student-athlete for evaluation by a member of the sports medicine staff. During competitions, on the field of play injuries will be under the purview of the official and playing rules of the sport. MC staff will follow such rules and attend to medical situations as they arise. Visiting sport team members evaluated by MC sports medicine staff will be managed in the same manner as MC student-athletes.

v. A student-athlete diagnosed with a concussion will be withheld from the competition or practice and not return to activity for the remainder of that day. Student-athletes that sustain a concussion outside of their sport will be managed in the same manner as those sustained during sport activity.

vi. The student-athlete will receive serial monitoring for deterioration. Athletes will be provided with written home instructions upon discharge, preferably with a roommate, guardian, or someone that can follow the instructions.
vii. The student-athlete will be monitored for recurrence of symptoms both from physical exertion and also mental exertion, such as reading, phone texting, computer games, watching film, athletic meetings, working on a computer, classroom work, or taking a test. Academic advisors and professors will be notified of student-athlete’s concussion, with permission for release of information from the student-athlete.

viii. The student-athlete will be evaluated by a team physician as outlined within the concussion management plan. Once asymptomatic and post-exertion assessments are within normal baseline limits, return to play shall follow a medically supervised stepwise process.

ix. Final authority for Return-to-Play shall reside with the team physician or the physician’s designee as noted in the concussion management flowchart.

MC will document the incident, evaluation, continued management, and clearance of the student-athlete with a concussion. Aggregate concussion numbers per sport will be reported to the Director of Athletics annually.

Athletics staff, student-athletes and officials will continue to emphasize that purposeful or flagrant head or neck contact in any sport should not be permitted.

XIV. Sickle Cell Trait Notification

In compliance with NCAA Bylaw 17.1.5.1, Mississippi College’s Athletic Department requires all Student-Athletes to have one of the following as part of his/her pre-participation physical examination:

1. Results from a previous sickle cell trait solubility test (SST). The student-athlete will be responsible for all costs associated with this test.

2. A signed waiver from the student-athlete whereby he/she refuses the right to have their sickle cell status determined. *(Student-Athletes that sign a release waiver will undergo additional education regarding the risks, impact and precautions associated with sickle cell trait status.)*

It is required that Prospective Student-Athletes (PSAs) participating in tryout activities have this documentation prior to participation. **Documentation must be present BEFORE the Student-Athlete is permitted to participate in any athletically related activities, including, but not limited to practices, strength and conditioning sessions, and/or competitions.**

No student-athlete will be allowed to return to participation until the Mississippi College Sports Medicine Unit has received a release (as described above) from the private physician and the student-athlete is examined by a Mississippi College Team Physician and cleared for participation.
CONCUSSION PLAN

**Obtain Baseline Testing:** Symptom checklist, balance, and neuropsychological testing data obtained for athletes in high-risk sports for concussion (baseball, basketball, football, pole vaulting, soccer and softball) or with pertinent medical history of concussion

**Concussion Identified and Assessed:** Physical examination and assessment of concussion symptoms by medical staff (athletic trainer, physician assistant and/or physician; if physician not immediately available, athlete should be referred to physician for evaluation within 24 hours of injury if possible if not emergent; if emergent, athlete should be transported to closest emergency department); athlete held from all physical activity; given concussion information home instruction sheet; notify parent/guardian of concussion; Athlete repeats baseline testing (within 24 hours of injury if possible)

**Concussion Management:** Athlete held from all physical activity; re-assess athlete daily by medical staff; administer symptom checklist daily until completely asymptomatic; notify academic advisor (consideration of academic modifications/restrictions)

**Athlete Asymptomatic:** Athlete repeats baseline testing (unless directed otherwise by physician and/or neuropsychologist)

**Test Results Return to Baseline:** Perform exertional testing; re-evaluation by physician for return to play decision

**Test Results NOT Returned to Baseline:** When medically cleared by physician, repeat test battery; consider neuropsych consult with more detailed test battery
When medically cleared by physician, repeat exertional testing; re-evaluation by physician for return to play decision
SUBSTANCE ABUSE – MC DRUG TESTING & ALCOHOL POLICY

The athletic department establishes the policy and procedures set forth below with the objective of eliminating the use of illicit or banned drugs by student-athletes. The policy and procedures are consistent with the broader mission of Mississippi College of maintaining an academic environment which lends itself to the development of exemplary moral character and with the intent of the National Collegiate Athletic Association (NCAA) to assure that athletic competition is not tainted by the use of performance enhancing drugs or other banned substances.

MISSISSIPPI COLLEGE CODE OF CONDUCT: Any violation of the provisions outlined in the Mississippi College Code of Conduct for all students will result in disciplinary action, which may include expulsion, suspension, mandatory successful completion of approved rehabilitation programs, and/or probation, any of which may become part of the permanent record of the person violating or breaching any expression of this statement or similar published University rules and regulations.

Drug Violations
Use, possession, distribution, sale, manufacture, or evidence of consumption of narcotics, controlled substances or illegal drugs on or off Mississippi College property, or at a Mississippi College-sponsored event or program in accordance with federal, state, and local laws.

Examples of violations include, but are not limited to:

- Misuse of over-the-counter drugs.
- Misuse or sharing of prescription drugs.
- Possessing, using, being under the influence of, distributing, or manufacturing any form of illegal drug.
- Possessing paraphernalia (i.e. rolling papers, pipes, bongs, grinders, etc.) for intended or implied use of any form of illegal drug.
- Possessing paraphernalia that contains or appears to contain illegal drug residue.
- Purchasing or passing illegal drugs from one person to another.
- Using mail services to purchase, pass, or distribute illegal drugs.

Alcohol Violations
Use, possession, sale, or distribution of alcoholic beverages or alcoholic beverage containers on campus or while engaged in any Mississippi College-related function, including functions sponsored by any Mississippi College organization, as well as irresponsible behavior involving the use of alcoholic beverages whether on or off campus is not allowed.

Examples of alcohol violations include, but are not limited to:

- Showing physical/mental impairment following or resulting from alcohol use.
- Evidence of consumption
- Irresponsible behavior involving the use of alcoholic beverages
- Possessing empty alcohol containers for decorative purposes.
- Participating in or being present during the occurrence of any drinking game.
- Using or possessing common sources of alcohol including, but not limited to kegs, party balls, punch bowls, wine boxes, etc.
The Mississippi College Drug Testing policy is as follows:

TESTING POLICY - Any student-athlete who takes part in intercollegiate athletic activities, regardless of the sport, the student’s classification, or the likelihood of his or her actually participating in intercollegiate competition, may be required to provide a sample to be tested for the use of drugs. Such tests may be conducted randomly, upon individuals or an entire team, or upon individuals selected because of a reasonable suspicion of drug use. Such tests may or may not be announced in advance, and may be administered at any time selected by the university.

BANNED DRUGS - Student-athletes can be tested for use of any substances in the drug classes which have been banned by the NCAA. A current list of banned drug classes is held in the office of the director of athletics and can also be found online by going to www.ncaa.org

GENERAL TESTING PROCEDURES:
Specimen collections will be administered by an outside testing agency. The testing agency may or may not utilize a drug screen. Either upon a positive screening or when requested by Mississippi College, the agency will send the sample to a lab where confirmation of a positive result or negative result will occur. When a sample is sent to the lab the student athlete will be required to fill out a chain of custody form.

DISCLOSURE OF RESULTS:
Results of a positive drug screening will be communicated from the MC Drug Testing Coordinator (MCDTC) to the Director of Athletics and the head coach of the sport(s) in which the student-athlete participates.

Results of the lab test will be communicated from the drug testing agency to the MC Drug Testing Coordinator. The MCDTC will then communicate this to the Director of Athletics and the head coach of the sport in which the student-athlete participates.

The student-athlete will then be notified by one or more of the above athletic department officials of the positive test result.

The student-athlete will be given a 24 hour window from the notification of the positive test to notify his/her parents. After the 24 hour window has expired, the Head Coach and/or the Director of Athletics will then notify the parents of the positive test.

Once the student-athlete has been notified of the positive test, such results will be disclosed to the appropriate university officials at the discretion of the Director of Athletics.

SANCTIONS FOR POSITIVE RESULTS:

Head coaches of the student-athlete’s sport has the authority to add any sanctions he/she wished in addition to the departmental sanctions listed below.

Sanctions listed below will only be enforced for positive lab test results. A positive screening will not warrant any sanctions, departmental or otherwise.

- First Offense. The first offense will result in the SA being suspended from 30% of the maximum number of countable contests or dates of competition (per NCAA Figure 17-1) in the Championship segment for his/her sport for the current season. (Scrimmages or exhibition contests not included). During this time the SA should not be allowed to dress out or travel with their respective team for competitions.
<table>
<thead>
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<th>Max # of Contests / DOC</th>
<th>30% of Contests / DOC</th>
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</tr>
<tr>
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<tr>
<td>Volleyball</td>
<td>26</td>
<td>7</td>
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</tbody>
</table>

In the event that there is less than 30% of the scheduled contests remaining in the current season, the suspension will carry over into the next season. If the SA’s season has been completed then the suspension will be imposed on 30% of the next season’s scheduled contests.

In the event the SA is participating in more than one sport and the suspension crosses over into the second sports season the suspension will be pro-rated to the second sport to satisfy the 30% requirement.

All suspensions will only go into effect when the SA is cleared medically and by the Compliance Office.

The SA will be required to attend counseling, on campus, once a week for six (6) consecutive weeks. The SA will have 2 business days from the time of notification to arrange for this counseling.

In the event that the SA misses a counseling session the six (6) weeks of counseling will start over. In the event that the SA misses a counseling session a second time, the sanctions for a Second Offense of a failed drug test will be implemented. In the event that the SA misses a counseling session a third time, the SA will be permanently ineligible for participation in intercollegiate athletic programs at Mississippi College.

The SA may be reinstated once the suspension has been served, the required counseling has been attended and the SA has tested negatively for drug use (at the discretion of the Director of Athletics).

- **Second Offense.** A second offense, whether or not it occurs in the same year as the first offense, will result in the student-athlete being ineligible for any team activity in any sport for one calendar year from the date of the positive test notification.

The SA will be required to attend counseling, on campus, once a week for six (6) consecutive weeks. The SA will have 2 business days from the time of notification to arrange for this counseling.

In the event that the SA misses a counseling session the six (6) weeks of counseling will start over. In the event that the SA misses a counseling session a second time, the SA will be permanently ineligible for participation in intercollegiate athletic programs at Mississippi College.

The SA may be reinstated once the suspension has been served, the required counseling has been attended and the SA has tested negatively for drug use (at the discretion of the Director of Athletics).

- **Third Offense.** A third offense, however far removed in time from either of the first offenses, will result in the student-athlete being permanently ineligible for participation in intercollegiate athletic programs at Mississippi College.
REFUSAL TO COMPLY WITH TESTING OBLIGATIONS:
The refusal to comply with the drug testing program (i.e. missing a drug test for any reason) will result in a positive test, and the appropriate sanctions will be enforced.

UNCOOPERATIVE BEHAVIOR
In the event those administering any portion of the MC Drug Testing Program (including collectors from the outside drug testing agency) interpret a SA’s behavior as uncooperative, they will immediately terminate the test at which time the SA will be charged with a positive result.

Substance Abuse Program – NCAA Division II Year Round Drug Testing Program

The NCAA Drug Testing policy is as follows:

NCAA institutions are dedicated to the ideal of fair and equitable intercollegiate competition. In addition, we hope to protect the health and safety of the student-athletes competing. Therefore, the year round drug testing program was established so that no one participant might be pressured to use chemical substances in order to remain competitive or may gain a competitive advantage.

TESTING POLICY
The NCAA year-round testing program applies to all NCAA Division I and Division II student-athletes and may test for anabolic agents, diuretics and masking agents, peptide hormones, beta-2 agonists and beta blockers.

All student-athletes will be required to sign the NCAA Drug Testing Consent form prior to participation in each academic year. In preparation for summer vacation testing, each student-athlete will be asked to complete a Drug Free Sport – Summer Contact form before the end of the spring semester.

SELECTION PROCESS
• All student-athletes competing in Divisions I and II are subject to year-round drug testing
• This includes during summer vacation

NOTIFICATIONS
The Institution may receive a two day notice or be subjected to no-notice testing.

SANCTIONS & REINSTATEMENT
• FIRST OFFENSE. A student-athlete who tests positive for a banned drug other than a “street drug” shall be withheld from competition in all sports for a minimum of 365 days from the drug-test collection date AND shall lose a year of eligibility.

A student-athlete who tests positive for a “street drug” shall be withheld from competition for 50% of a season in all sports (at least 50% of all contests or dates of competition in the season following the positive test).

• SECOND OFFENSE. A student-athlete who tests positive a second time for the use of any drug other than a “street drug” shall lose ALL remaining regular season and postseason eligibility in all sports.

A combination of two positive tests involving street drugs (marijuana, THC, or heroin), in whatever order, will result in the loss of an additional year of eligibility.

REFUSAL TO COMPLY WITH TESTING OBLIGATIONS: A student-athlete who refuses to sign the notification form or custody and control form, fails to arrive at the collection station at the designated time without justification, fails to
provide a urine sample according to protocol, leaves the collection station before providing a specimen according to protocol, or attempts to alter the integrity of validity of the urine sample and/or collection process, will be in breach of protocol and treated as if there was a positive for banned substance other than a street drug. If a student-athlete immediately transfers to another NCAA institution, the student-athlete will be ineligible for all NCAA regular-season and postseason competition until the student-athlete does not compete in collegiate competition for the entirety of the prescribed penalty.

Procedure for the NCAA Student-Athlete Drug Testing Policy is as follows:

1. The institution will be notified of the selection for Drug Testing.

2. The institution will be required to submit a current and accurate squad list to Drug Free Sport.

3. Drug Free Sport will select student-athletes and will send the roster of selected athletes to the Site Coordinator.

4. The Site Coordinator will notify the selected student-athletes of their selection for drug testing and have them sign the **NCAA Year-Round Drug-Testing Notification** form. (Student-athletes must be notified in person or via direct telephone or cell phone contact. Voice mail messages, text messages and/or email communications are not acceptable forms of notification.)

5. The Site Coordinator (or designee) must sign each notification form, verifying the student-athlete’s notification of drug testing.

6. The Athletic Director and the Assistant Athletic Director for Compliance will be notified of the testing results via email approximately 15-20 business days after the test.
TITLE IX – GENDER EQUITY

Overview
Compliance with Title IX in Athletics requires MC to effectively accommodate the underrepresented sex in three broad areas: Participation, athletic scholarships, and a “laundry list” of services affecting the treatment of the underrepresented sex.

Three-Prong Test
An institution’s Title IX compliance is demonstrated by satisfying one of three prongs in the three-part test. A brief description of each prong is provided for reference.

- **Prong One**: Intercollegiate level participation opportunities for male and female students are "substantially proportionate" to their respective full-time undergraduate enrollments.
- **Prong Two**: The institution has a "history and continuing practice of program expansion" for the underrepresented sex.
- **Prong Three**: The institution is "fully and effectively" accommodating the interests and abilities of the underrepresented sex.

In 2010 the Office of Civil Rights (OCR) issued guidance for third-prong compliance. That letter details the OCR expectations for efforts to evaluate interests and ability to compete in sports. Those efforts are expected to include the examination of multiple data sources. The use of a survey of admitted and enrolled students is not sufficient alone to demonstrate compliance. The letter provides clear suggestions for development and implementation of surveys as one of many evaluative tools.

I. Athletic Participation that is equitable - Non-Discriminatory
MC seeks to comply with the Title IX requirement for non-discriminatory athletic participation through Prong Three of the Three-Part Test for Equitable Participation. Prong Three assesses the “interests and abilities” of the underrepresented sex at MC.

Responsibility
It shall be the responsibility of the Title IX/Gender Equity in Athletics Committee to gather information, develop and propose University policies and actions necessary to effectively accommodate the interests and abilities of the underrepresented sex with respect to participation in intercollegiate athletics. The Title IX/Gender Equity in Athletics Committee will make recommendations to the President, consistent with Title IX, with respect to varsity intercollegiate athletics. The Legal Counsel to the President will provide advice and counsel to the Title IX/Gender Equity in Athletics Committee on an as-needed basis. The President shall be the final authority for all decisions related to the discontinuation or upgrading of varsity intercollegiate athletic opportunities.

Reporting Requirements
The Title IX/Gender Equity in Athletics Committee will make a report to the President, the Legal Counsel to the President, and the Title IX Coordinator by July 1 of each reporting year. The data will be a combination of annual data and surveys from odd numbered years. The report will include appropriate recommendations and address specific issues related to compliance with the interests and abilities of the underrepresented sex for varsity athletics participation. Each October, the institution will submit the EADA report to the federal government.

II. Assessment of Interest and Abilities (Prong Three of the Three Part Test)
There are three areas to review to assess “interest and abilities”

- Whether there is unmet interest in a particular sport?
- Whether there is sufficient ability to sustain a team in the sport?
- Whether there is a reasonable expectation of competition for the team?

1. MC uses multiple non-discriminatory assessments and indicators to measure unmet athletic interest among the underrepresented sex. Among the assessments and indicators are the following items:

   (1) Survey of all undergraduate students on odd numbered years.
   (2) An open forum during odd numbered years for any interested student to express interest in participation in a varsity sport or an intramural or club sport. The forum will be held in conjunction with the Office of Intramural Sports.
   (3) Input from students and admitted students submitted to the Title IX/Gender Equity in Athletics Committee.
   (4) A review during odd numbered years of participation by the underrepresented sex in intramural and club sports. Information will be submitted to the Title IX/Gender Equity in Athletics Committee by persons overseeing intramural and club sports every two years.
   (5) Annual surveys of varsity coaches, athletic administrators and others regarding equitable treatment in varsity sports and interest in particular sports.
   (6) Surveys of varsity athletes during odd numbered years. Topics include the equitable treatment of men and women in varsity sports and additional sports.
   (7) Statistics during odd numbered years about participation in high school sports, amateur athletic associations, and community sports leagues that operate in areas from which MC draws its students.

2. MC uses multiple indicators to assess whether there is sufficient ability among interested students of the underrepresented sex to sustain a team in a sport where interest is indicated. Indicators reviewed are as follows:

   (1) The athletic experience and accomplishments – in interscholastic, club or intramural sports of the interested students and admitted students.
   (2) The opinions of coaches, administrators, and athletes at the institution regarding whether interested students and admitted students have the potential to sustain an intercollegiate team.
   (3) If the team has previously competed at the club or intramural level, whether the competitive experience of the team indicates that it has the potential to sustain an intercollegiate team. In addition, measurement may be made for sustainable roster sizes in comparison to average roster size of other NCAA institutions.
   (4) Participation in other sports, intercollegiate, interscholastic or otherwise, that may demonstrate skills or abilities that are fundamental to the particular sport considered.
   (5) Tryouts or other direct observations of participation in the particular sport in which there is interest.

3. MC evaluates whether there is a reasonable expectation of intercollegiate competition for the proposed team in the institution’s normal competitive regions. Factors include:

   (1) Whether there are sufficient competitive opportunities offered by other schools against which MC competes.
   (2) Whether there are sufficient competitive opportunities offered by other schools in the geographic area, against which MC does not presently compete.
   (3) Whether there are sufficient competitive opportunities to meet NCAA or other applicable association requirements for the minimum number of contests per year.
III. Equitable Awarding of Athletic Scholarships

Overview
Athletics scholarship dollars are to be awarded to women and men at the same proportion as their respective rate of participation in the intercollegiate athletics program. Athletics financial aid spent (as opposed to budgeted) should be within 1 percent of student-athlete participation percentages (not undergraduate enrollment rates).

Responsibility
It shall be the responsibility of the Title IX / Gender Equity in Athletics Committee to annually review the awarding of athletic scholarships in comparison to student-athlete participation.

Reporting
The Title IX / Gender Equity in Athletics Committee shall annually prepare a report by July 1, for the previous academic year. The Report shall review Title IX compliance and make recommendations to the President for any steps necessary to fulfill the requirements for compliance with federal law while in alignment with NCAA rules and regulations.

IV. Equitable Treatment – The “Laundry List” of Services

The overall treatment of men and women on the intercollegiate level is expected to be equitable in the following areas which, is commonly referred to as the “Laundry List.”

The test for equity in treatment does not involve a sport-to-sport comparison but rather a comparison of treatment in the aggregate, i.e., are the men’s and women’s programs overall treated equitably in light of the unique nature of individual sports in each of these areas?

1. Equipment and Supplies. Quality, amount, suitability, maintenance and replacement; availability of equipment, apparel, adequate storage and supplies.

2. Scheduling of Contests and Practice Time. Equitable number of contests; number, length and time of day of practices; time of day of contests; preseason and postseason opportunities, including foreign tours.

3. Per Diem and Travel. Travel allowance, modes of transportation, housing furnished during travel, length of stay before and after competitive events, dining arrangements and per diem for institutional competition and other competitive opportunities (for example, under Bylaw 16).

4. Academic Support Services. Availability of, and equitable access to, academic support services that meet the needs of student-athletes based on individual student-athlete academic profiles and/or performance, and equitable criteria for obtaining assistance.

5. Coaches. Availability – full time, part time, assistant and graduate assistants. Assignment – training, experience, professional standing and other professional qualifications. Compensation – total rate of compensation package, duration of contracts, conditions relating to contract renewal, experience, nature of coaching duties, working conditions, and other terms and conditions of employment. Title VII and the Equal Pay Act have additional requirements in the area of compensation of staff and coaches.

7. **Medical and Training Facilities and Services.** Availability of medical personnel; availability and quality of weight training and conditioning facilities; availability and qualifications of athletics trainers; health, accident and injury insurance coverage; provision of medical and training expenses.

8. **Housing and Dining Facilities and Services.** Housing provided; special services as part of housing; dining arrangements.

9. **Publicity and Awards.** Availability and quality of sports information personnel; access to other publicity resources; quantity and quality of publications and other promotional devices; availability and quality of institutional awards; opportunity for application and/or nomination for other outside awards (for example, NCAA, national or conference awards).

10. **Support Services.** Administrative, secretarial, clerical support and office space

11. **Recruitment of Student-Athletes.** Equitable opportunities for professional personnel to recruit; availability of financial and other resources for recruitment; equivalent benefits, opportunities and treatment of prospective athletes.

**Responsibility**

It shall be the responsibility of the Title IX/Gender Equity in Athletics Committee to regularly assess the “laundry list of services”. No single assessment instrument is satisfactory to analyze compliance in all the required areas. The Title IX/Gender Equity in Athletics Committee shall develop instruments and protocols sufficient to adequately review each of the required areas at a minimum of every four years.

**Reporting**

The Title IX/Gender Equity in Athletics Committee shall prepare a report for the President by July 1 each year reviewing the equitable treatment of student athletes using the “laundry list of services” as a guide. Recommendations will be based on surveys with coaches and athletes as well as surveys of the varsity student athlete population.
DIVERSITY

From its' beginnings, Mississippi College has had a strong commitment to diversity. In December 1831, Mississippi College made history as the first coeducational college in the nation to grant a degree to a woman. This honorable heritage has been the foundation for the college’s continuing commitment to diversity. Today, Mississippi College is proud that its undergraduate population comes from various racial or ethnic minority groups. The Athletic Department has continued to meet or exceed the college’s undergraduate minority population. Mississippi College’s commitment to diversity is much more than initiatives taken by the Athletic Department. It has been a part of our campus culture from the very beginning.

Athletic Department Diversity Statement:
Mississippi College is a proud member of the National Collegiate Athletic Association and the Gulf South Conference. As such, Mississippi College is committed to abiding by all applicable rules and regulations. It is the mission of the Department of Athletics to promote the spiritual, social emotional and physical development of our student-athletes while embracing the Division II model for a balanced program of learning and development.

The University's non-discrimination statement more fully expresses the position of Mississippi College. The University does not engage in prohibited discrimination on the basis of race, color, national or ethnic origin, sex, age, genetic information, veteran status, disability of the provision of services. Based upon the religious exemption of Title VII of the Civil Rights Act of 1964, Mississippi College has the right to discriminate on religious grounds in employment of faculty and staff to the extent that applicable law respects its right or act in furtherance of its religious objectives and mission. Pursuant to this exemption, Mississippi College does not discriminate on the basis of sexual orientation per se, but does discriminate on the basis of sexual misconduct, including, but not limited to non-marital sexual misconduct, homosexual conduct, or the encouragement or advocacy of any form of sexual behavior in conflict with the Christian and Baptist identity or faith mission of Mississippi College.

The Department is committed to providing an educational environment for our student-athletes and a work environment for our coaches and staff that provides equal opportunity and is free from illegal discrimination.
STUDENT-ATHLETE SURVEY & SENIOR EXIT SURVEY

The Mississippi College Athletic Department is constantly monitoring and evaluating the Student-Athlete experience. In doing so, we must constantly access the strengths and weaknesses of our department in order to preserve what we are doing well and improve in areas we are not. Since you as a Student-Athlete have an “insider’s” view of the Athletic Department, we value your attitudes and opinions. Each year we will request Student-Athletes complete a short survey evaluating your experience. Graduating seniors and those that have completed eligibility will be asked to complete an exit survey and will be provided an opportunity to meet with the Faculty Athletic Representative to discuss the survey (if requested).

This survey will access many different areas of your experience. Student-Athletes should view this as an opportunity to be constructive. These surveys are used to assist the Athletic Administration in the area of rules compliance, personnel evaluations, and academic support and Student-Athlete Well Being.

Please take the time to complete the survey and meet with an administrator, if necessary to give us feedback on your experience at Mississippi College.
APPENDIX

REQUEST FOR A STUDENT-ATHLETE RELEASE

GRANT-IN-AID RELEASE FORM

OUTSIDE FINANCIAL AID RESOURCES SELF REPORTING FORM

REQUEST TO APPEAL – NON RENEWAL, REMOVAL OR REDUCTION OF ATHLETIC AID

SQUAD LIST DELETION

OUTSIDE COMPETITION

UNATTACHED COMPETITION

TEAM TRAVEL WAIVER AUTHORIZATION

STUDENT-ATHLETE SUMMER CONTACT & EMPLOYMENT FORM

STUDENT-ATHLETE EMPLOYMENT FORM

MISSISSIPPI COLLEGE ATHLETIC TRAINING ROOM POLICIES & PROCEDURES SIGNATURE PAGE

NCAA BANNED DRUG LIST

MISSISSIPPI COLLEGE DRUG TESTING POLICY

SICKLE CELL FACT SHEET FOR STUDENT-ATHLETES

SICKLE CELL REQUIREMENT SIGNATURE PAGE OR WAIVER

CONCUSSION FACT SHEET FOR STUDENT-ATHLETES

STUDENT ATHLETE CONCUSSION STATEMENT SIGNATURE PAGE

NCAA STUDENT-ATHLETE STATEMENT

ASSUMPTION OF RISK WAIVER – SUMMER VOLUNTARY WORKOUTS

RECORDS RELEASE AUTHORIZATION
Request for Student-Athlete Release

Date: __________________________ Sport: __________________________

Name: __________________________ MC ID#: __________________________

Contact Information: Phone No: ______________ Email: ______________

Institution(s) to be released to: ______________________________________

Method of Delivery:
☐ Pick Up By Student Athlete
☐ Email to Student-Athlete
☐ Email Directly To School
☐ Fax To School

The following signature is required before returning this form to the Compliance Office:

☐ Granted  ☐ Denied __________________________ __________________________
             Head Coach Signature             Date

If denied by the coach, the following signature is required before returning this form to the Compliance Office:

☐ Granted  ☐ Denied __________________________ __________________________
             Athletic Director Signature             Date

Comments:

*If this request is denied, the Athletic Director will notify you in writing, within 14 consecutive calendar days from the receipt of this request that you will be provided a hearing conducted by a committee and chaired by the FAR. This hearing will be conducted within 30 consecutive calendar days of receipt of this request.
MISSISSIPPI COLLEGE ATHLETIC DEPARTMENT
Grant-In-Aid Release Request

I understand that by signing this form that I am confirming my intent to no longer participate in athletics at Mississippi College. I understand that the athletically-related scholarship that I am receiving may be cancelled effectively on the date that I sign this form unless otherwise noted below. I understand that the cancellation of my athletically-related scholarship is consistent with NCAA Bylaw 15.3.4 as well as the terms and conditions stated on the Mississippi College Athletic Grant-In-Aid Agreement letter previously awarded to and signed by me.

Please check the appropriate response below:

☐ I am voluntarily withdrawing from the team
☐ I have been cut from the team
☐ I am being dismissed from the team for disciplinary reasons

Reason(s) for withdrawal/removal:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Date to Discontinue Aid:

____________________________________

Student Athlete Name (Printed)

SA Signature

Date:

____________________________________

MC ID#

____________________________________

Head Coach Signature:

Date:

____________________________________

Athletic Director Signature:

Date:

____________________________________

Compliance Officer Signature:

Date:
Mississippi College Student Athlete
Outside Financial Aid Resources Self-Reporting 2018-19

Name: ___________________________ Sport Participation: ___________________________
Student ID# ___________________________

The following information must be collected per NCAA requirements and returned to the Office of
Financial Aid. If you are receiving a scholarship/grant/other, please provide scholarship eligibility
criteria, copy of scholarship application(s), and/or other documentation along with this form.

Please complete the following in its entirety; if data is missing, the form will be returned and Athletic
and Financial Aid holds will be placed on your record. You will not receive Mississippi College
funding if there is a hold on your record.

Identify Scholarships, Grants, & other sources of aid – example: American Legion Scholarship.
Please DO NOT list Mississippi College Athletic Scholarships, loans, employment, Federal Pell Grant,
SEOG, or Mississippi State Grant you are receiving for 2017-18:

Did not receive additional aid other than what was listed above. [ ]

Name of Scholarship/Grant/Other: __________________________________________

Amount of Award: Fall $ _________ Spring $ _________

Scholarship/grant criteria include athletic ability? Yes No (Circle one)

Contact for Scholarship/Grant Name: _______________________________________

Address: _________________________________________________________________

City: ______________________ State: ____________ Zip: _________________

Phone: ______________________ Email: _______________________________

I understand it is my responsibility to provide the information requested and to
notify Student Financial Services of changes or additions/scholarships/grants I
receive.

Student Signature: ______________________ Date: _______________________

Return to:
Mississippi College Office of Financial Aid
P.O. Box 4035
Clinton, MS 39058
Phone: 601.925.3212
financialaid@mc.edu
Name of Scholarship/Grant/Other: ________________________________

Amount of Award: Fall $_________ Spring $_________

Scholarship/grant criteria include athletic ability? Yes No (Circle one)

Contact for Scholarship/Grant Name: ________________________________

Address: _______________________________________________________

City: __________________ State: __________ Zip: ________________

Phone: __________________________ Email: ________________________

Name of Scholarship/Grant/Other: ________________________________

Amount of Award: Fall $_________ Spring $_________

Scholarship/grant criteria include athletic ability? Yes No (Circle one)

Contact for Scholarship/Grant Name: ________________________________

Address: _______________________________________________________

City: __________________ State: __________ Zip: ________________

Phone: __________________________ Email: ________________________

Name of Scholarship/Grant/Other: ________________________________

Amount of Award: Fall $_________ Spring $_________

Scholarship/grant criteria include athletic ability? Yes No (Circle one)

Contact for Scholarship/Grant Name: ________________________________

Address: _______________________________________________________

City: __________________ State: __________ Zip: ________________

Phone: __________________________ Email: ________________________

Name of Scholarship/Grant/Other: ________________________________

Amount of Award: Fall $_________ Spring $_________

Scholarship/grant criteria include athletic ability? Yes No (Circle one)

Contact for Scholarship/Grant Name: ________________________________

Address: _______________________________________________________

City: __________________ State: __________ Zip: ________________

Phone: __________________________ Email: ________________________
Student-Athlete Appeal for Non-Renewal of Athletic Scholarship

Name_________________________ MC ID#_____________________

Sport________________________

Reason for Appeal __________________________

Explain why you feel that your scholarship should not be cancelled. What steps did you take to discuss this situation with your head coach?

Explain why you feel that your scholarships should be renewed for the upcoming school year? List the changes that you will make in order to be a better team member.

Provide any other forms of documentation that shows that your cancellation was not warranted.
Bring this form back in within one week of your receiving this appeal application.

Appeals Committee’s Decision________________________________________
Squad List Deletion Request

MISSISSIPPI COLLEGE ATHLETIC DEPARTMENT
Squad List Deletion Request

Name: ___________________________ MC ID#_________________ Sport(s): ___________________________

SQUAD LIST DELETION

Please check ONE of the following:

☐ The student-athlete voluntarily withdrew from the team and any athletic aid may be terminated immediately at the coach’s discretion.

☐ The student-athlete has been cut from the team and any athletic aid may be terminated at the end of the current academic year at the coach’s discretion.

☐ The student-athlete has been dismissed from the team for disciplinary reasons and any athletic aid may be terminated immediately at the coach’s discretion. Please list reasons for dismissal below:

____________________________________________________________________________________

____________________________________________________________________________________

EXIT PHYSICAL WAIVER

I understand it is my right to a post-participation physical examination upon my completion of participation in the athletic department at Mississippi College.

Please check ONE of the following: (Initial next to your choice)

☐ I hereby waive my right to this examination.

SA Initial

☐ I sustained an injury during this athletic season and request an examination.

SA Initial

Nature of the injury: ________________________________________________________________

____________________________________________________________________________________

Date of the injury: ____________

I understand that I will no longer be considered a student-athlete at Mississippi College. I understand any athletic related financial aid I am receiving may be reduced or cancelled at the coach’s discretion (institutional policy & procedures regarding an appeal with a hearing will apply). I understand Mississippi College Athletics reserves the right to place a HOLD on my student account until ALL equipment has been returned.

Additionally, I understand that by waiving my right to a physical examination above, I release the University, the Athletic Department and the Medical Staff at Mississippi College from all liability of any injury or illness.

______________________________                  __________________________
Student-Athlete Signature                        Date

Did the SA participate against outside competition? YES NO

Should a HOLD be put on the SA’s account? YES NO

Did the SA receive any athletic aid? YES NO

*If YES, please complete & submit the GIA Release

Compliance Office Use Only:

☐ Updated status in CA
☐ Removed Flag from SGASPRT
☐ Removed from Roster
☐ Email SID, ATC, S&C, AA, Registrar

Processed Date: __________________________

Head Coach’s Signature ____________________________ Date: ____________________________

Athletic Director Signature ____________________________ Date: ____________________________

Athletic Training Office Use Only:

☐ Athlete evaluated by: ____________________________ Date: ____________________________

Assessment: ________________________________________________

☐ Treated by staff or given rehabilitation program – Description of program: ____________________________

☐ Referred to team physician - Appt. Date: ____________________________

Diagnosis: ____________________________ Action Taken: ____________________________

☐ Released from MC care, free to return to activity Date: ____________________________

*If YES, please complete & submit the GIA Release

Compliance Office Use Only:

☐ Updated status in CA
☐ Removed Flag from SGASPRT
☐ Removed from Roster
☐ Email SID, ATC, S&C, AA, Registrar

Processed Date: __________________________
MISSISSIPPI COLLEGE ATHLETIC DEPARTMENT
Outside Competition

Student-Athlete Name: ___________________________  Sport: ___________________________

Name of Event: ___________________________  Location of Event: ___________________________

Dates of Event: ___________________________

The student-athlete understands the following:

Bylaw 14.7.1 (outside competition, sports other than basketball):
A student-athlete becomes ineligible for intercollegiate competition in his or her sport (other than basketball) if,
after enrollment in college and during any year in which the student-athlete is a member of an intercollegiate
squad or team, he or she competes or has competed as a member of any outside team in any non-collegiate,
amateur competition (ex: tournament play, exhibition game or other activity) during the institution’s
intercollegiate season in the sport until eligibility is restored by the NCAA Division II Committee on Student-Athlete
Reinstatement.

Bylaw 14.7.3.4 (competition as an individual/not representing an institution):
It is permissible for a student-athlete to participate in outside competition as an individual during the academic
year in the student-athlete’s sport, as long as the student-athlete represents only himself or herself in the
competition and does not engage in such competition as a member of or receive expenses from an outside team.

Additionally, student-athletes must receive permission from the athletic department prior to the competition.

Bylaw 14.7.5 Exceptions to outside competition regulations: (Circle which one applies)

- High school Alumni Game
- Olympic Games/Qualifier
- Pan American Games
- U.S. National Team
- World or World Youth Championship / World University Games
- World Cup Tryout or Competition
- Other (please describe)___________________________

Approved ______  Denied_______  Reason for Denial: ___________________________

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<th>Signature of Asst. A.D. for Compliance</th>
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<td>Signature of Athletic Director</td>
<td>Date</td>
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My signature certifies that I acknowledge my responsibility to abide by the regulations in NCAA Division II Bylaw
14.7 (outside competition, effects on eligibility).

Student Athlete Signature  Print Student-Athlete Name  Date
Unattached Competition Waiver

Student-Athlete Name: _________________________ Date of Birth: _________________________

Name of the Event: _________________________ Date of the Event: _________________________

Bylaw 14.7.3.4 Competition As An Individual Not Representing the Institution
It is permissible for a student-athlete to participate in outside competition as an individual during the academic year in the student-athlete’s sport, as long as the student-athlete is otherwise eligible for competition for the institution and represents only himself or herself in the competition and does not engage in such competition as a member of or receive expenses from an outside team.

Bylaw 14.02.7 Intercollegiate Competition Occurs when an Individual:

(b) Competes in the uniform of the institution or, during the academic year, uses any apparel (excluding apparel no longer used by the institution) received from the institution that includes institutional identification; or

(c) Competes and receives expenses (e.g., transportation, meals, room or entry fees) from the institution for the competition.

Mississippi College Policy:
Mississippi College will allow a student-athlete to participate as an individual not representing the Institution as long as it is an open event and the student-athlete signing this form understands that:

- Competing Unattached or as an Individual means that you may not compete in any apparel that identifies you with Mississippi College. This includes but is not limited to any shoes, other apparel or equipment that has been provided to you by Mississippi College.

- Competing Unattached or as an individual means that you may not receive any travel expenses (meal money, snacks, lodging, gas or mileage reimbursement) that may be provided to you as a team member participating on a Mississippi College team.

- Competing Unattached or as an individual means that you may not receive coaching instruction or evaluation feedback on site at the event from a Mississippi College Staff member in your sport.

- In order to compete unattached or as an individual the student-athlete must be cleared medically by the Mississippi College Athletic Training Staff.

I understand the rules and regulations set forth by the NCAA as well as Mississippi College regarding competition as an individual that is not representing the institution and agree to adhere to these guidelines in their entirety.

Furthermore, I understand that by participating as an individual that is not representing the institution that I am doing so voluntarily and hereby release Mississippi College from any medical financial responsibility for any injury occurring in said event.

☐ SA is cleared for participation

Head Athletic Trainer (or designee): _________________________

Head Coach Signature: _________________________ Date: _________________________

Student-Athlete Signature: _________________________ Date: _________________________

***If the student-athlete is under the age of 21 on the date he/she signs this form a parent’s signature is required!

Parent Signature: _________________________ Date: _________________________
Mississippi College Athletics
Team Travel Waiver Authorization

Written permission must be given prior to travel to allow any student-athlete authorization to use alternative transportation to and/or from a scheduled contest. A student-athlete may only be released to ride with the parent or legal guardian without written consent. This form should be submitted prior to departing for the contest.

Sport: __________________________

Event Description & Date: __________________________

Student-Athlete: __________________________

Approved to Travel With: __________________________

Waiver of Liability:

I authorize my son/daughter to travel independently from the team on the trip listed above. He/she will return with me or with my designee. I agree to release and indemnify Mississippi College, its officers, employees, and agents from any claims, suits or liability resulting from injury to or death of any person or damage to property as a result of travel independent from the team.

All Mississippi College policies regarding individual conduct and team travel remain in effect regardless of the mode of transportation.

I understand that NCAA regulations will not permit reimbursement of travel expenses.

Approval:

________________________________________  ____________
Student-Athlete                     Date

________________________________________  ____________
Parent Signature:                   Date:
# MISSISSIPPI COLLEGE ATHLETIC DEPARTMENT

## Summer Contact & Employment Information

**Student-Athlete Name:** ___________________________  **Sport:** ___________________________

**Summer Address:** ___________________________  **City:** ___________________________  **St:** ______  **Zip:** ______

**Dates at summer address:**  **From:** ___________________________  **To:** ___________________________

List below any and all dates and locations during the summer in which you will NOT be at the address listed above.

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</table>

**Cell Phone / Summer Contact Number:** ___________________________  **Summer email:** ___________________________

**Emergency Contact Name:** ___________________________  **Contact Number:** ___________________________

**Relationship to Emergency Contact:** ___________________________

**Will you be working over the summer?**  
_____ Yes  _____ No

**If you answered yes, have you already obtained a job?**  
_____ Yes  _____ No

*If you answered yes, please complete the information below:*

**Employer Name:** ___________________________  **City:** ___________________________  **St:** ______  **Zip:** ______

**Name of Person who hired you:** ___________________________  **Employer Phone:** ___________________________

**Employment Title:** ___________________________

**Description of Duties:** ___________________________

**Dates of Employment:**  **From:** ___________________________  **To:** ___________________________

**Rate of Pay:** ______ per hour  ______ per week  /  **Full Time** _____  **Part Time** _____

---

*My signature certifies that to the best of my knowledge, the above responses are correct. Furthermore, I understand:*

1. That I am responsible for notifying Mississippi College Athletics if at any time I will be out of the country and unavailable to be reached in the event I am selected for a summer NCAA drug test, and;

2. That failure to appear at the site on or before the designated time for an NCAA Drug Test could result in a one-year period of ineligibility, and;

3. That any improper employment may cause myself (the above named student-athlete) to become ineligible to participate in intercollegiate athletics at Mississippi College. I understand that student-athlete employment may not be based on my athletic ability or my status as a student-athlete. Furthermore, I understand that student-athletes must be paid the going rate for a particular job.

---

**Student Athlete Signature** ___________________________  **Print Student-Athlete Name** ___________________________  **Date** ___________________________
MISSISSIPPI COLLEGE ATHLETIC DEPARTMENT
Student-Athlete Outside Employment

Student-Athlete Name: ____________________________ Sport: ____________________________

Employer Name: ____________________________ City: ____________________________ St: _____ Zip: _______

Contact Person: ____________________________

Employer Phone: ____________________________

Employment Title: ____________________________

Description of Duties: ______________________________________________________________________

Dates of Employment: From: ____________________________ To: ____________________________

Rate of Pay: _____ per hour _____ per week _____ per project  Full Time_____ Part Time____

My signature certifies that to the best of my knowledge, the above responses are correct. Furthermore, I understand that any improper employment may cause myself (the above named student-athlete) to become ineligible to participate in intercollegiate athletics at Mississippi College.

I understand that student-athlete employment may not be based on my athletics ability or my status as a student-athlete. Furthermore, I understand that student-athletes must be paid the going rate for a particular job.

____________________________  ____________________________  ________________
Student Athlete Signature       Print Student-Athlete Name       Date
Mississippi College

ACKNOWLEDGEMENT OF ATHLETIC TRAINING POLICIES AND PROCEDURES

I do hereby signify by my signature below that I have received and read the Mississippi College Athletic Training and Sports Medicine Policy statement.

NAME (print):______________________________

SIGNATURE:______________________________

DATE:______________________________
MEDI CAL EXCEPTIONS

The NCAA recognizes that some banned substances are used for legitimate medical purposes. Accordingly, the NCAA allows exceptions to be made for those student-athletes with a documented medical history demonstrating the need for medical use of a banned substance. Exceptions may be granted for substances included in the following classes of banned drugs: stimulants (including those used to treat ADHD), beta blockers, beta-2 agonists, diuretics, peptide hormones, anabolic agents and anti-estrogens.

- Pre-approval is required for the use of anabolic agents, anti-estrogens or peptide hormones. The institution must submit required documents to the NCAA (sa@ncaa.org) before the student-athlete competes while using medications containing these substances. A reporting form is available at ncaa.org/drugtesting.

- For all other drug classes for which a medical exception review is permitted, the institution should maintain documents from the prescribing physician in the student-athlete’s medical record on campus that include the diagnosis, course of treatment and current prescription. The ADHD reporting form is available at ncaa.org/drugtesting.

- In the event that a student-athlete tests positive by the NCAA, the institution shall be notified of the positive drug test, and at that time, the director of athletics may request an exception by submitting required documents to Drug Free Sport™.

- Requests for exceptions will be reviewed by members of the Committee on Competitive Safeguards and Medical Aspects of Sports and reported back to the institution.

- NCAA policy does not provide for a medical exception for the use of marijuana and other illicit drugs.

For more information, visit ncaa.org/drugtesting

APPEALS

The NCAA drug-testing program allows an institution to appeal a positive drug test on behalf of a student-athlete who has tested positive for an NCAA banned substance or who has violated the NCAA drug-testing protocol.

- The institution must submit in writing the grounds for the appeal and a summary of the institutional drug education program.

- At least three members of the NCAA Committee on Competitive Safeguards and Medical Aspects of Sports will oversee appeals.

- Appeals are conducted by telephone conference.

- The director of athletics or his or her designee and the student-athlete must be on the appeal call.

- The NCAA does not restrict the nature of the appeal, meaning that the NCAA will not restrict access for any reason to an institution that wishes to appeal and has satisfied the appeal procedures.

- If the appeal is granted, no further action regarding the student-athlete’s eligibility need be taken. However, if the student-athlete tested positive for a banned substance, the student-athlete must test negative on an NCAA-administered drug test before returning to competition. In the event that the subcommittee denies the appeal, the provisions of Bylaw 18.4.1.4 (Division I) or 18.4.1.5 (Divisions II and III) will be applicable.

Need help for substance abuse?
Visit samhsa.gov/treatment

ncaa.org/drugtesting

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July 2018
2018-19 NCAA BANNED DRUG CLASSES

The NCAA bans the following classes of drugs:

a. Stimulants
b. Anabolic agents
c. Alcohol and beta blockers (banned for rifle only)
d. Liuretics and other masking agents
e. Illicit drugs
f. Peptide hormones and analogues
g. Anti-estrogens
h. Beta-2 agonists

NOTE: Any substance that is chemically related to these classes is also banned. Examples in each banned drug class can be found at ncaa.org/druftesting.

Drugs and Procedures Subject to Restrictions:

b. Local anaesthetics (under some conditions).
c. Manipulation of urine samples.
d. Beta-2 agonists permitted only by prescription and inhalation.

SUPPLEMENTS

Before consuming any nutritional/dietary supplement product, review the product with your athletics department staff:

- Dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test result.
- Student-athletes have tested positive and lost their eligibility using dietary supplements.
- Many dietary supplement products are contaminated with banned drugs not listed on the label.
- Any product containing a dietary supplement ingredient is taken at your own risk.

It is your responsibility to check with the appropriate athletics staff before using any substance.

There is no list of NCAA-approved supplement products.

Check a supplement product label at:

[DRUG FREE SPORT]

[Formerly the REC]

877-202-0769 or dfsaxis.com
Password ncaas1, ncaas2 or ncaas3

Commonly abused substances and their impact on athletic performance and eligibility

ALCOHOL: Alcohol is a nervous system depressant. At high dosages, effects include mood swings, impaired judgment and inability to control motor functions. Alcohol can impair an athlete’s performance through dehydration, depleting vital nutrients and interfering with restful sleep and recovery.

TOBACCO: Tobacco contains nicotine, a stimulant, and a multitude of damaging chemicals. Smoking tobacco damages lung tissue and reduces lung capacity. Spilt tobacco use contributes to soft-tissue inflammation in the mouth and increases the risk of oral cancer. Tobacco use in all forms is prohibited during practice and competition by student-athletes and game personnel, and may result in ejection from the game.

MARIJUANA: Marijuana contains the active ingredient THC. Marijuana use is linked to anxiety and panic reactions, respiratory damage, short-term memory impairment and a decreased focus on goals and personal achievement. Marijuana use is banned by the NCAA and can result in suspension.

COCAINE: Cocaine is a stimulant that can contribute to agitation, elevated heart rate and increased blood pressure. Too much can result in respiratory failure and heart attack. Cocaine is an illegal drug and is banned by the NCAA.

ANABOLIC STEROIDS: Anabolic steroids are synthetic versions of the male hormone testosterone. Anabolic steroid use changes the body’s hormonal balance, exaggerating male sex characteristics, and can contribute to increased acne, mood swings, secondary sex characteristic changes and violent behavior. Long-term heavy use has been implicated in lung damage. All anabolic steroids are banned by the NCAA.

NARCOTICS: Narcotic analgesics (pain killers) block pain and cause sleepiness, and at higher doses affect breathing, heart rate and blood pressure. Narcotics are not banned by the NCAA, but are controlled substances and should be obtained only from qualified medical personnel through a prescription.

STIMULANTS: This group of drugs includes a wide variety of chemicals, ranging from caffeine and amphetamines to Ritalin and Adderall (amphetamine). Stimulant abuse can cause anxiety, panic, paranoia and delusions. Stimulant use during exercise can contribute to increased body temperature and dizziness. Stimulants are banned by the NCAA — see “Medical Exceptions” for prescribed drugs.

Student-athletes are responsible for anything they ingest.
DRUG TESTING POLICY

DEPARTMENT OF INTERCOLLEGIATE ATHLETICS
(Revised Spring of 2017)

Purpose
The athletic department establishes the policy and procedures set forth below with the objective of eliminating the use of illicit or banned drugs by student-athletes. The policy and procedures are consistent with the broader mission of Mississippi College of maintaining an academic environment which lends itself to the development of exemplary moral character and with the intent of the National Collegiate Athletic Association (NCAA) to assure that athletic competition is not tainted by the use of performance enhancing drugs or other banned substances.

Testing Policy
Any student-athlete who takes part in intercollegiate athletic activities, regardless of the sport, the student’s classification, or the likelihood of his or her actually participating in intercollegiate competition, may be required to provide a sample to be tested for the use of drugs. Such tests may be conducted randomly, upon individuals or an entire team, or upon individuals selected because of a reasonable suspicion of drug use. Such tests may or may not be announced in advance, and may be administered at any time selected by the university.

Banned Drugs
Student-athletes can be tested for use of any substances in the drug classes which have been banned by the NCAA. A current list of banned drug classes is held in the office of the director of athletics and can also be found online by going to www.ncaa.org

General Testing Procedures.
Specimen collections will be administered by an outside testing agency. The testing agency may or may not utilize a drug screen. Either upon a positive screening or when requested by Mississippi College, the agency will send the sample to a lab where confirmation of a positive result or negative result will occur. When a sample is sent to the lab the student athlete will be required to fill out a chain of custody form.

Disclosure of Results
- Results of a positive drug screening will be communicated from the MC Drug Testing Coordinator (MCDTC) to the Director of Athletics and the head coach of the sport(s) in which the student-athlete participates.

- Results of the lab test will be communicated from the drug testing agency to the MC Drug Testing Coordinator. The MCDTC will then communicate this to the Director of Athletics and the head coach of the sport in which the student-athlete participates.

- The student-athlete will then be notified by one or more of the above athletic department officials of the positive test result.

- The student-athlete will be given a 24 hour window from the notification of the positive test to notify his/her parents. After the 24 hour window has expired, the Head Coach and/or the Director of Athletics will then notify the parents of the positive test.

- Once the student-athlete has been notified of the positive test, such results will be disclosed to the appropriate university officials at the discretion of the Director of Athletics.

Sanctions for Positive Results
The head coach of the SA’s sport has the authority to add any sanctions he/she wishes in addition to the departmental sanctions listed below.
Sanctions listed below will only be enforced for positive lab test results. A positive screening will not warrant any sanctions, departmental or otherwise.

- **First Offense**: The first offense will result in the SA being suspended from 30% of the maximum number of countable contests or dates of competition (per NCAA Figure 17-1) in the Championship segment for his/her sport for the current season. (Scrimmages or exhibition contests not included). During this time the SA should not be allowed to dress out or travel with their respective team for competitions.

In the event that there is less than 30% of the scheduled contests remaining in the current season, the suspension will carry over into the next season. If the SA’s season has been completed then the suspension will be imposed on 30% of the next season’s scheduled contests.

In the event the SA is participating in more than one sport and the suspension crosses over into the second sports season the suspension will be pro-rated to the second sport to satisfy the 30% requirement.

All suspensions will only go into effect when the SA is cleared medically and by the Compliance Office.

The SA will be required to attend counseling, on campus, once a week for six (6) consecutive weeks. The SA will have 2 business days from the time of notification to arrange for this counseling.

In the event that the SA misses a counseling session the six (6) weeks of counseling will start over. In the event that the SA misses a counseling session a second time, the sanctions for a Second Offense of a failed drug test will be implemented. In the event that the SA misses a counseling session a third time, the SA will be permanently ineligible for participation in intercollegiate athletic programs at Mississippi College.

The SA may be reinstated once the suspension has been served, the required counseling has been attended and the SA has tested negatively for drug use (at the discretion of the Director of Athletics).

- **Second Offense**: A second offense, whether or not it occurs in the same year as the first offense, will result in the student-athlete being ineligible for any team activity in any sport for one calendar year from the date of the positive test notification.

The SA will be required to attend counseling, on campus, once a week for six (6) consecutive weeks. The SA will have 2 business days from the time of notification to arrange for this counseling.

In the event that the SA misses a counseling session the six (6) weeks of counseling will start over. In the event that the SA misses a counseling session a second time, the SA will be permanently ineligible for participation in intercollegiate athletic programs at Mississippi College.

The SA may be reinstated once the suspension has been served, the required counseling has been attended and the SA has tested negatively for drug use (at the discretion of the Director of Athletics).

- **Third Offense**: A third offense, however far removed in time from either of the first offenses, will result in the student-athlete being permanently ineligible for participation in intercollegiate athletic programs at Mississippi College.

*SA’s will be required to satisfy these sanctions before being considered “athletically eligible to return” in the event the SA decides to transfer.

**Refusal to Comply with Testing Obligation**

The refusal to comply with the drug testing program (i.e. missing a drug test for any reason) will result in a positive test, and the appropriate sanctions will be enforced.

**Uncooperative Behavior**

In the event those administering any portion of the MC Drug Testing Program (including collectors from the outside drug testing agency) interpret a SA’s behavior as uncooperative, they will immediately terminate the test at which time the SA will be charged with a positive result.
A FACT SHEET FOR STUDENT-ATHLETES

SICKLE CELL TRAIT

WHAT IS SICKLE CELL TRAIT?

Sickle cell trait is not a disease. Sickle cell trait is the inheritance of one gene for sickle hemoglobin and one for normal hemoglobin. Sickle cell trait will not turn into the disease. Sickle cell trait is a life-long condition that will not change over time.

During intense exercise, red blood cells containing the sickle hemoglobin can change shape from round to quarter-moon, or “sickle.”

Sickled red cells may accumulate in the bloodstream during intense exercise, blocking normal blood flow to the tissues and muscles.

During intense exercise, athletes with sickle cell trait have experienced significant physical distress, collapsed and even died.

Heat, dehydration, altitude and asthma can increase the risk for and worsen complications associated with sickle cell trait, even when exercise is not intense.

Athletes with sickle cell trait should not be excluded from participation as precautions can be put into place.

DO YOU KNOW IF YOU HAVE SICKLE CELL TRAIT?

People at high risk for having sickle cell trait are those whose ancestors come from Africa, South or Central America, India, Saudi Arabia and Caribbean and Mediterranean countries.

Sickle cell trait occurs in about 8 percent of the U.S. African-American population, and between one in 2,000 to one in 10,000 in the Caucasian population.

Most U.S. states test at birth, but most athletes with sickle cell trait don’t know they have it.

The NCAA recommends that athletics departments confirm the sickle cell trait status in all student-athletes.

Knowledge of sickle cell trait status can be a gateway to education and simple precautions that may prevent collapse among athletes with sickle cell trait, allowing you to thrive in your sport.

HOW CAN I PREVENT A COLLAPSE?

- Know your sickle cell trait status.
- Engage in a slow and gradual preseason conditioning regimen.
- Build up your intensity slowly while training.
- Set your own pace. Use adequate rest and recovery between repetitions, especially during “gassers” and intense station or “mat” drills.
- Avoid pushing with all-out exertion longer than two to three minutes without a rest interval or a breather.
- If you experience symptoms such as muscle pain, abnormal weakness, undue fatigue or breathlessness, stop the activity immediately and notify your athletic trainer and/or coach.
- Stay well hydrated at all times, especially in hot and humid conditions.
- Avoid using high-caffeine energy drinks or supplements, or other stimulants, as they may contribute to dehydration.
- Maintain proper asthma management.
- Refrain from extreme exercise during acute illness, if feeling ill, or while experiencing a fever.
- Beware when adjusting to a change in altitude, e.g., a rise in altitude of as little as 2,000 feet. Modify your training and request that supplemental oxygen be available to you.
- Seek prompt medical care when experiencing unusual physical distress.

For more information and resources, visit www.NCAA.org/health-safety
MISSISSIPPI COLLEGE ATHLETICS

Sickle Cell Trait Form for NCAA Intercollegiate Athletics

Student-Athlete’s Printed Name ________________________________ Sport ______________________

About Sickle Cell Trait
- Sickle cell trait is an inherited condition affecting the oxygen-carrying substance, hemoglobin, in the red blood cells.
- Sickle cell trait is a common condition (three million Americans).
- Although Sickle cell trait occurs most commonly in African-Americans and those of Mediterranean, Middle Eastern, Indian, Caribbean, and South and Central American ancestry, persons of all races and ethnicities may test positive for this condition.
- Unlike persons with actual sickle cell disease, those with sickle cell trait usually have no symptoms or any significant health problems. However, sometimes during very intense, sustained physical activity, as can occur with collegiate sports, certain dangerous conditions can develop in those with sickle cell trait, leading to blood vessel and organ (kidneys, muscles, heart) damage that can cause sudden collapse and death. Some of the settings in which this can occur include timed runs, all out exertion of any type for two to three continuous minutes without a rest period, intense drills and other bursts of exercise after doing prolonged conditioning training. Extreme heat and dehydration increase the risks.

Sickle Cell Trait Testing Requirement
- The NCAA recommends that all student-athletes have knowledge of their sickle cell trait status. Athletes have the following options:
  1) show proof of sickle cell testing done at birth or other previous testing;
  2) consent to a blood test to check for the sickle cell trait at their own expense; or
  3) sign a waiver declining options 1 and 2.
- Whichever option is chosen, it must be completed before the student-athlete participates in any intercollegiate athletic event, including strength and conditioning sessions, try-outs, practices, or competitions.
- Athletes who are positive for the trait will NOT be prohibited from participating in intercollegiate athletics.

PLEASE SELECT ONLY ONE OPTION BELOW!

☐ 1.) Copy of student athlete’s newborn sickle cell testing result attached.

☐ 2.) Copy of recent sickle cell screening test result attached.

☐ 3.) SICKLE CELL TESTING WAIVER: (If choosing the waiver option please read and sign below)

I, ___________________________, understand and acknowledge that the NCAA recommends that all student-athletes have knowledge of their sickle cell trait status. Additionally, I have read and fully understand the aforementioned facts about sickle cell trait and sickle cell trait testing. I do not wish to undergo sickle cell trait testing and I voluntarily agree to release, discharge, indemnify and hold harmless Mississippi College , its officers, employees, agents and their successors and assigns from any and all costs, claims, damages or expenses, including attorney’s fees, arising from any loss or personal injury that might result from my refusal to be tested.

I have read and signed this document with full knowledge of its significance. I further state that I am at least 18 years of age and competent to sign this waiver.

____________________________________________  _______________________
Student-Athlete’s Signature  Date

____________________________________________  _______________________
Witness Signature  Date

____________________________________________  _______________________
Student-Athlete’s Parent Signature (if under 18)  Date

FOR SPORTS MEDICINE STAFF ONLY
Received by __________ Date________

Received by __________ Date________

FOR SPORTS MEDICINE STAFF ONLY
CONCUSSION
A FACT SHEET FOR STUDENT-ATHLETES

WHAT IS A CONCUSSION?
A concussion is a brain injury that:
- Is caused by a blow to the head or body.
  - From contact with another player, hitting a hard surface such as the ground, ice or floor, or being hit by a piece of equipment such as a bat, lacrosse stick or field hockey ball.
- Can change the way your brain normally works.
- Can range from mild to severe.
- Presents itself differently for each athlete.
- Can occur during practice or competition in ANY sport.
- Can happen even if you do not lose consciousness.

HOW CAN I PREVENT A CONCUSSION?
Basic steps you can take to protect yourself from concussion:
- Do not initiate contact with your head or helmet. You can still get a concussion if you are wearing a helmet.
- Avoid striking an opponent in the head. Undercutting, flying elbows, stepping on a head, checking an unprotected opponent, and sticks to the head all cause concussions.
- Follow your athletics department’s rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Practice and perfect the skills of the sport.

WHAT ARE THE SYMPTOMS OF A CONCUSSION?
You can’t see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury. Concussion symptoms include:
- Amnesia.
- Confusion.
- Headache.
- Loss of consciousness.
- Balance problems or dizziness.
- Double or fuzzy vision.
- Sensitivity to light or noise.
- Nausea (feeling that you might vomit).
- Feeling sluggish, foggy or groggy.
- Feeling unusually irritable.
- Concentration or memory problems (forgetting game plays, facts, meeting times).
- Slowed reaction time.

Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?
Don’t hide it. Tell your athletic trainer and coach. Never ignore a blow to the head. Also, tell your athletic trainer and coach if one of your teammates might have a concussion.

Sports have injury timeouts and player substitutions so that you can get checked out.

Report it. Do not return to participation in a game, practice or other activity with symptoms. The sooner you get checked out, the sooner you may be able to return to play.

Get checked out. Your team physician, athletic trainer, or health care professional can tell you if you have had a concussion and when you are cleared to return to play.

A concussion can affect your ability to perform everyday activities, your reaction time, balance, sleep and classroom performance.

Take time to recover. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a repeat concussion. In rare cases, repeat concussions can cause permanent brain damage and even death. Severe brain injury can change your whole life.

IT’S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.
WHEN IN DOUBT, GET CHECKED OUT.
For more information and resources, visit www.NCAA.org/health-safety and www.CDC.gov/Concussion.
Student-Athlete Concussion Statement

☐ I understand that it is my responsibility to report all injuries and illnesses to my athletic trainer and/or team physician.

☐ I have read and understand the NCAA Concussion Fact Sheet.

After reading the NCAA Concussion fact sheet, I am aware of the following information:

______ A concussion is a brain injury, which I am responsible for reporting to my team physician or athletic trainer.

______ A concussion can affect my ability to perform everyday activities, and affect reaction time, balance, sleep, and classroom performance.

______ You cannot see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury.

______ If I suspect a teammate has a concussion, I am responsible for reporting the injury to my team physician or athletic trainer.

______ I will not return to play in a game or practice if I have received a blow to the head or body that results in concussion-related symptoms.

______ Following concussion the brain needs time to heal. You are much more likely to have a repeat concussion if you return to play before your symptoms resolve.

______ In rare cases, repeat concussions can cause permanent brain damage, and even death.

_________________________        _________________________
Signature of Student-Athlete                   Date

_________________________        _________________________
Sport                               Printed name of Student-Athlete
Form 18-3b

Academic Year: 2018-19

NCAA Division II Student-Athlete Statement

For: Student-athletes.
Action: Sign and return to your director of athletics or director of athletics’ designee.
Due date: Before your first competition each year.
Required by: NCAA Constitution 3.3.4.9 and NCAA Division II Bylaw 14.1.3.
Purpose: To assist in certifying eligibility.
Effective date: This NCAA Division II Student-Athlete Statement/Drug-Testing Consent form shall be in effect from the date this document is signed and shall remain in effect until a subsequent NCAA Division II Student-Athlete Statement/Drug-Testing Consent form is executed.

Student-Athlete: ____________________________
(Please print name)

Name of your institution: ____________________________

Sport: ____________________________

This form has five parts: a statement concerning eligibility, a Buckley Amendment consent, results of drug tests, an affirmation of a valid ACT or SAT score and a statement concerning the amateur status of the student-athlete subsequent to the request of final certification by the NCAA Eligibility Center. If you are an incoming freshman you must sign parts I through V of this form to participate in intercollegiate competition. If you are a transfer or continuing student-athlete, you must sign parts I through IV.

By signing this form, you affirm you have received and will read the Summary of NCAA Regulations, or another outline or summary of NCAA legislation, provided by your director of athletics, or read the bylaws of the NCAA Division II Manual that deal with your eligibility. You are responsible for knowing and understanding the application of all NCAA Division II bylaws related to your eligibility. If you have any questions, you should discuss them with your director of athletics, or you may contact the NCAA at 317-917-6222 or consult the NCAA website at www.ncaa.org.

The conditions that you must meet to be eligible and the requirement that you sign this form are indicated in the following articles and bylaws of the Division II Manual:

- NCAA Constitution 3.3.4.9 and Bylaws 14.1.3, 14.1.3.1 and 18.4.1.4.7.
NCAA Division II Student-Athlete Statement
Form 18-3b
Page No. 2

Part I: Statement Concerning Eligibility.

You affirm that you have been provided and will read the Summary of NCAA Regulations, or another outline or summary of NCAA legislation, or the relevant sections of the Division II Manual and that your director of athletics (or his or her designee) gave you the opportunity to ask questions about the regulations.

You affirm that you have knowledge of and understand the application of NCAA Division II bylaws related to your eligibility.

By signing this part of the form, you affirm that, to the best of your knowledge, you have not violated any NCAA regulations or have reported any violations of any NCAA regulations.

You affirm that you meet the NCAA regulations for student-athletes regarding eligibility, recruitment, financial aid, amateur status and involvement in organized gambling.

You affirm that you are aware of the NCAA drug-testing program and that you have signed the 2018-19 Drug-Testing Consent Form (Form No. 18-3e).

You affirm that you will report to the director of athletics of your institution any violations of NCAA regulations involving you and your institution.

You affirm that you understand that if you sign this statement falsely or erroneously, you violate NCAA legislation regarding ethical conduct and you further will jeopardize your eligibility.

Name of student-athlete (please print)    Date of birth    Age

Signature of student-athlete

Home address (street or P.O. Box)

Date

Home city, state, and ZIP code

Sport(s)
NCAA Division II Student-Athlete Statement
Form 18-3b
Page No. 3

Part II: Buckley Amendment Consent.

By signing this part of the form, you certify that you agree to disclose your education records.

You understand that this entire form and the results of any NCAA drug test you may take are part of your education records. These records are protected by the Family Educational Rights and Privacy Act of 1974 and they may not be disclosed without your consent.

You give your consent to disclose only to authorized representatives of this institution, its athletics conference (if any) and the NCAA, the following documents:

1. This form;
2. Results of NCAA drug tests and related information and correspondence;
3. Results of positive drug tests administered by a non-NCAA national or international sports governing body;
4. Any transcript from your high school, this institution or any two-year college or other four-year institution you have attended;
5. Precollege test scores, appropriately related information and correspondence (e.g., testing sites, dates and letters of test-score certification or appeal) and, where applicable, information relating to eligibility for or conduct of nonstandard testing;
6. Graduation status;
7. Race and gender identification;
8. Diagnosis of any education-impacting disabilities;
9. Accommodations provided or approved and other information related to any education-impacting disabilities in all secondary and postsecondary schools;
10. Records concerning your financial aid; and
11. Any other papers or information pertaining to your NCAA eligibility.

You agree to disclose these records only to determine your eligibility for intercollegiate athletics, your eligibility for athletically related financial aid, for evaluation of school and team academic success, for awards and recognition programs highlighting student-athlete academic success, for purposes of inclusion in summary institutional information reported to the NCAA (and which may be publicly released by it), for NCAA longitudinal research studies and for activities related to NCAA compliance reviews. You will not be identified by name by the NCAA in any such published or distributed information.
NCAA Division II Student-Athlete Statement
Form 18-3b
Page No. 4

Further, you authorize the NCAA to disclose personally identifiable information from your educational records (including information regarding any NCAA violations in which you may become involved while you are a student-athlete) to a third party (including, but not limited, to the media) as necessary to correct inaccurate statements reported by the media or related to a student-athlete reinstatement case, infractions case or waiver request or to recognize your selection for an academic award (e.g., Elite 89). You also agree that necessary case information (i.e., information from your student-athlete reinstatement case, infractions case or waiver request) may be published or distributed to third parties as required by NCAA bylaws, policies or procedures. You will not be identified by name by the NCAA in any such published or distributed information.

Name of student-athlete (please print)  Signature of student-athlete  Date

Part III: Results of Drug Tests.

1. Future positive test - all student-athletes sign.

   Should I test positive for a substance banned by the NCAA and/or by a sports governing body that has adopted the World Anti-Doping Agency (WADA) code, or violate a drug-testing protocol or fail to show for a drug test at any time after I sign this statement, I acknowledge I must report the results to my director of athletics.

   Name of student-athlete (please print)  Date

   Signature of student-athlete

2. Positive test by NCAA or other sports governing body - sign either a or b.

   a. No positive drug test.

      I affirm that I have never tested positive for a substance banned by the NCAA and/or a sports governing body that has adopted the WADA code, nor violated a drug-testing protocol or failed to show for a drug test conducted by the NCAA or a sports governing body.

      Name of student-athlete (please print)

      Signature of student-athlete  Date
b. Positive drug test.

I have tested positive for a substance banned by the NCAA and/or by a sports governing body that has adopted the WADA code, or have violated a drug-testing protocol or failed to show for a drug test conducted by the NCAA or a sports governing body. If I transfer to another institution, I am also obligated to report this information to that institution.

________________________________________
Name of student-athlete (please print)

________________________________________
Signature of student-athlete

Date of test          Organization conducting test          Substance

Are you currently under such a drug-testing suspension? Yes ___  No ___

Part IV: Affirmation of Status as an Amateur Athlete.

You affirm that you have read and understand the NCAA amateurism rules.

By signing this part of the form, you affirm that, to the best of your knowledge you have not violated any amateurism rules since you requested a final certification from the Eligibility Center or since the last time that you signed a Division II student-athlete statement, whichever occurred later.

You affirm that since requesting a final certification from the Eligibility Center, you have not provided false or misleading information concerning your amateurism status to the NCAA, the Eligibility Center and the institution’s athletics department, including administrative personnel and the coaching staff.

________________________________________
Name of student-athlete (please print)                      Date

________________________________________
Signature of student-athlete
NCAA Division II Student-Athlete Statement
Form 18-3b
Page No. 6

Part IV: Affirmation of Status as an Amateur Athlete.

You affirm that you have read and understand the NCAA amateurism rules.

By signing this part of the form, you affirm that, to the best of your knowledge, you have not violated any amateurism rules since you requested a final certification from the Eligibility Center or since the last time that you signed a Division II student-athlete statement, whichever occurred later.

You affirm that since requesting a final certification from the Eligibility Center, you have not provided false or misleading information concerning your amateurism status to the NCAA, the Eligibility Center and the institution's athletics department, including administrative personnel and the coaching staff.

Name of student-athlete (please print)                        Date

Signature of student-athlete

Part V: Incoming Freshmen - Affirmation of Valid ACT or SAT Score.

You affirm that, to the best of your knowledge, you have received a validated ACT and/or SAT score. You agree that, in the event you are or have been notified by ACT or SAT of the possibility of an invalidated test score, you immediately will notify the director of athletics of your institution.

Name of student-athlete (please print)                        Date

Signature of student-athlete

What to do with this form: Sign and return it to your director of athletics before your first competition. This form is to be kept in the director of athletics' office for six years.

Any questions regarding this form should be referred to your director of athletics or you may contact the academic and membership affairs staff at 317-917-6222.

NCAA/06_08_2018/CNC:na:dks
Mississippi College Athletics

Assumption of Risk – Voluntary Workouts

Name: ________________________________ MCID# ______________________

Sport(s): ______________________________

Are you currently covered with valid and active medical insurance? □ Yes □ No

Name of insurance provider (please attach a copy with this completed form): _______________________

PLEASE READ THIS AGREEMENT CAREFULLY BEFORE SIGNING.

I voluntarily wish to utilize the Charles & Aline Williams Strength Center and other Mississippi College facilities to exercise alone and with other MC student-athletes and, in consideration for permission to use and have access to MC athletic facilities, I hereby agree as follows:

1. Assumption of Risk and Informed Consent
I acknowledge, understand and appreciate that as part of my participation in Voluntary Summer Workouts and other voluntary workouts throughout the year there are dangers, hazards and inherent risks to which I may be exposed. I recognize that this activity involves risk of injury and I agree to accept any and all risks associated with it. I acknowledge and understand that there may be other dangers, hazards or risks not presently known or reasonably foreseeable.

Per NCAA rules, I understand that the strength & conditioning staff may only conduct my workout in this facility during the summer if I am a member of a fall championship sport and have been approved under the Mississippi College summer workout policy & procedures. Otherwise, the staff may only supervise my workout for safety purposes.

2. Voluntary Waiver of Claims, Release of Liability and Hold Harmless
In consideration of my permission to use and access the Mississippi College Charles & Aline Williams Strength Center and to the fullest extent permitted by law, I agree to release, Mississippi College, its trustees, officers, directors, employees, agents, volunteers from and against all claims arising out of or resulting from my training, preparing and participating in this activity.

I furthermore agree to release, defend, indemnify and hold harmless MC from and against any and all liability, actions, debts, claims and demands of every kind whatsoever, specifically including, but not limited to, any claim for negligence or negligent acts or omissions and any present or future claim, loss or liability for injury to person or property that I may suffer, for which I may be liable to any other person, that may or does arise out of my participation in the activity.

3. Reporting of Injuries & Authorization for Medical Care
In the event of an accident or serious illness, I hereby authorize representatives of MC to obtain medical treatment for me. I hereby hold harmless and agree to indemnify MC from any claims, causes of action, damages and/or liabilities, arising out of or resulting from said medical treatment.

ACKNOWLEDGEMENTS
I understand that I am financially responsible to pay for all injuries occurring during Voluntary Workouts. As parent of the Student Athlete named above, I acknowledge that I am aware of the participation of my child in the activity described above. I further acknowledge and accept the terms of this AGREEMENT.

______________________________  _____________________________
Print Student Athlete’s Full Name:      Print Full Name of Parent/Legal Guardian

______________________________
Signature of Student Athlete

______________________________
Signature of Parent/Legal Guardian

______________________________
Date: _____________________________

Date: _____________________________
MISSISSIPPI COLLEGE
RECORDS RELEASE AUTHORIZATION

I, ________________________________, hereby give permission for the release of information, so long as I am classified as a student-athlete at Mississippi College, that relates to my academic progress including, but not limited to, test scores, quiz grades, project grades, and class averages as well as any other pertinent information, such as class attendance and behavior to authorized individuals from the Department of Athletics, including but not limited to the following: Academic Advisor for Athletics, Faculty Athletic Representative, Coaches, Graduate Assistants, Assistant Athletic Directors, Senior Woman Administrator, and the Director of Athletics.

These authorized individuals will be identified to each professor who has a student-athlete in a class for the current semester. This information will be used solely to monitor academic progress and performance. Records will not be available for publication and will be disseminated only to individuals employed in the Department of Athletics at Mississippi College. This information may be communicated via phone calls, text messages, emails, or face-to-face meetings.

This records release authorization is in accordance with the Family Educational Rights and Privacy Act of 1974 (FERPA).

I have carefully read the forgoing authorization and fully understand the meaning of it. This records release authorization will remain in effect as long as I am a student-athlete at Mississippi College or until I revoke this authorization in writing.

_________________________________  ___________________________________
Print Full Name                        MC ID number

_________________________________
Signature of Student-Athlete

_________________________________
Cell Phone Number

_________________________________
E-mail Address
ONE HUNDRED NINETY-SECOND SESSION 2018-19 FALL SEMESTER 2018

August 18, Saturday .......................................................... Residence halls open for new freshmen and transfers; returning students (2pm)
August 20, Monday .......................................................... Orientation / Registration for new undergraduate students; Registration of night students (4-6 pm)
August 20, Monday .......................................................... Night Classes Begin, ADP Session I, Online Classes, & 3-5 CR HR DAY CLASSES SCHEDULED ONCE A WEEK
August 21, Tuesday .......................................................... Registration of night students (4-6 pm); SCIENCE LABS MEET
August 21, Tuesday .......................................................... NIGHT CLASSES AND 3-5 CR HR DAY CLASSES SCHEDULED ONCE A WEEK MEET
August 22, Wednesday ....................................................... DAY CLASSES BEGIN; Last Day to Enroll or Add ADP Session I and Online 8-wk Session I Class
August 24, Friday 4:30 p.m. .................................................. Residence Hall Withdrawal Deadline (100% refund of campus housing charges)
August 28, Tuesday, 3:00 p.m. ............................................. LAST DAY TO ADD A FULL SEMESTER CLASS and FULL SEMESTER ONLINE CLASS
August 28, Tuesday .......................................................... Last Day to DROP an ADP Session I and Online 8-wk Session I Class with 100% TUITION ONLY Refund
August 30, Thursday .......................................................... LAST DAY TO DROP A FULL SEMESTER CLASS WITH 100% TUITION ONLY REFUND
August 31, Friday .............................................................. Priority Deadline for ALL Degree Applications for December 2018 Graduation
September 3, Monday – LABOR DAY Holiday ....................... No Day or Night Classes; Offices Closed
September 21, Friday .......................................................... Last Day To Drop an ADP Session I and Online 8-wk Session I Class (No Tuition Refund)
October 3, Wednesday, 3:00 p.m. or 6:00 p.m., Anderson Hall ........................................ Writing Proficiency Exam
October 8-9 (Monday, Tuesday) .......................................... Fall Recess; No day or night classes
October 13, Monday .......................................................... Last Class Meeting and Exam for Session I ADP
October 18, Thursday, 10:00 a.m. ........................................... Grades due for ADP Session I; Classes Begin for ADP Session II & Online 8-wk Session II
October 22, Monday .......................................................... Last Day to Enroll or Add ADP Session II and Online 8-wk Session II Class
October 25, Thursday .......................................................... Last Day to Drop an ADP Session II and Online 8-wk Session II Class with 100% TUITION ONLY Refund
October 26, Friday ............................................................ LAST DAY TO DROP A FULL SEMESTER CLASS (No Tuition Refund)
October 27, Saturday .......................................................... Homecoming
October 29, Monday .......................................................... Registration begins for Spring 2019 Semester—Currently enrolled students
November 12, Monday ........................................................ Registration begins for Spring 2019 Semester—Re-Admitted Students and New Graduate Students
November 10-12: Tuesday Night (begins 3:00 p.m.) through Sunday ................................................... Thanksgiving Holiday
November 14, Monday – Wednesday .................................... Day classes end on Tuesday; night classes do not meet; residence halls close at 9:00 a.m. on Wednesday, & reopen at 2 p.m. on Sunday
November 26, Monday ........................................................ Last Day To Drop an ADP Session II and Online 8-wk Session II class (No Tuition Refund)
November 26, Monday ........................................................ Classes resume
December 3-5, Monday – Wednesday ................................... Dead Days
December 5, Wednesday ..................................................... Last day of Day classes; Night exams begin
December 7-12, Friday, Saturday, Monday, Tuesday, Wednesday ........................................ Final Exams
December 10, Monday ........................................................ Last Class Meetings and Exams for ADP Session II
December 13, Thursday ...................................................... All Grades Due (10am) Residence Halls Close, Non-Graduating Students (9am)
December 14, Friday .......................................................... Graduation

SPRING SEMESTER 2019

January 10, Thursday, 2:00 p.m. ............................................ Residence Halls Open
January 11, Friday ............................................................ Orientation / Advising for new undergraduate students
January 14, Monday .......................................................... Day Classes, Night Classes, ADP Session I Classes and Online Classes Begin
January 16, Wednesday ..................................................... Last Day to Enroll or Add ADP Session I and Online 8-wk Session I Class
January 18, Friday 4:30 p.m. ................................................... Residence Hall Withdrawal Deadline (100% refund of campus housing charges)
January 18, Friday ............................................................ Priority Deadline for ALL Degree Applications for May 2018 Graduation
January 21, Monday .......................................................... Martin Luther King Holiday; No Day or Night Classes; Offices Closed
January 22, Tuesday, 5:00 p.m. ............................................. Last Day To Enroll or Add A Full Semester Class
January 22, Tuesday .......................................................... Last Day to DROP an ADP Session I and Online 8-wk Session I Class with 100% TUITION ONLY Refund
January 24, Thursday .......................................................... Last Day To Drop a Full Semester Class with 100% Tuition Only Refund
February 15, Friday .......................................................... Last Day To Drop an ADP Session I and Online 8-wk Session I Class (No Tuition Refund)
March 6, Wednesday, 3:00 p.m. or 6:00 p.m., Anderson Hall ........................................ Writing Proficiency Exam ...Mid-Term
March 7, Thursday ............................................................ Last Class Meeting and Exam for Session I ADP
March 11-17, Monday through Sunday .................................... Spring Break (Day classes meet on Fri, March 10. Residence halls close at 9:00 am on Saturday and reopen Sunday, March 18, 2:00 pm)
March 18, Monday ............................................................ Classes Begin for ADP Session II and Online 8-wk Session II
March 18, Monday ............................................................ Classes Resume
March 20, Wednesday ........................................................ Grades Due ADP I; Last Day to Enroll or Add ADP Session II an Online 8-wk Session II Class
March 25, Monday ............................................................ Last Day to DROP an ADP Session II and Online 8-wk Session II Class with 100% TUITION ONLY Refund
March 29, Friday .............................................................. LAST DAY TO DROP A FULL SEMESTER CLASS (No Tuition Refund)
April 15, Monday ............................................................. Registration begins for Summer and Fall 2019 Semester—Currently enrolled students
April 15, Monday ............................................................. Registration begins for Summer and Fall 2019 Semester—Re-Admitted Students and New Graduate Students
April 19, Friday .............................................................. Last Day To Drop an ADP Session II and Online 8-wk Session II Class (No Tuition Refund)
April 22, Monday (No day classes; night classes will meet) ........... Easter Holiday – Offices Closed
April 23, Tuesday ............................................................. Day Classes resume
April 29 – May 1 Monday, Tuesday, Wednesday ................... Dead Days
May 1, Wednesday ........................................................... Last day of classes; night exams begin
May 2, Thursday ............................................................. Study Day
May 3 – May 8, Friday, Saturday, Monday, Tuesday, Wednesday .................................................. Final Exams
May 6, Monday ............................................................... Last Class Meeting and Exam for Session II ADP
May 9, Thursday, 10:00 a.m. .................................................. Grades Due
May 9, Thursday, 9:00 a.m. ................................................... Residence Halls Close, Non-Graduating Seniors
May 10-11, Friday and Saturday ........................................... Graduate and Undergraduate May Graduations
Play, Act & Live Like Champions!