ON-CAMPUS COMPETITION, PRACTICE AND TRAINING

Will there be athletics competition in the spring semester?

The Ivy League Presidents have determined that while they fully understand the value and importance of the Ivy League Athletics experience, conditions throughout the country now and what they anticipate conditions being for several months ahead, will not allow us to safely compete in any intercollegiate contests during the Winter sport season. Any Spring season competition has been postponed at least through February 2021 with a decision forthcoming before that time.

Will fall sports be able to compete in the spring semester?

At this point, there will be no fall sport competition during the spring 2021 term. The challenges associated with maintaining a safe environment affect everything from cleaning schedules to athletic training room capacities. We empathize with those who missed out on a fall season, however the intent is to give spring sports, whose seasons were cut very short last year, the best chance to have a 2021 season. We will continue to work with fall coaches on the details of the spring season.

Why this decision? Why different from other leagues at this point? Who made the decision?

The Ivy League Council of Presidents offered the following joint statement:

Throughout the last nine months, we have asked our campus communities to make extraordinary adjustments in order to do our part in combating the global pandemic and to safeguard the health and wellbeing of our students, faculty members, staff and the communities in which they live and work.

Regrettably, the current trends regarding transmission of the COVID-19 virus and subsequent protocols that must be put in place are impeding our strong desire to return to intercollegiate athletics competition in a safe manner.

Student-athletes, their families and coaches are again being asked to make enormous sacrifices for the good of public health — and we do not make this decision lightly. While these decisions come with great disappointment and frustration, our commitment to the safety and lasting health of our student-athletes and wider communities must remain our highest priority.
We look forward to the day when intercollegiate athletics — which are such an important part of the fabric of our campus communities — will safely return in a manner and format we all know and appreciate.

Will students be invited back to campus for the spring 2021 term?

At this point, the decision on students returning to campus for the spring 2021 term has not been finalized. We expect that information to be forthcoming by early December 2020 at the latest. Once the decision has been finalized, pertinent information will be added to this document. The goal and strong desire is to have students back on campus as long as it is safe to do so.

What will athletic activity look like this spring?

If students are on campus for the spring 2021 term, the Ivy League Guidelines for Phased Activity similar to those outlined for fall 2020 (see below) will be in place. Athletics activity may resume no earlier than the first date of spring term classes. Further details on the specific hours of activity will be outlined in the coming days.

Does this document contain all relevant information?

This document provides information for the spring 2021 term and will be updated as more information becomes available. There is still some pertinent information in the fall 2020 FAQ document too.

ELIGIBILITY

What impact will being enrolled in spring 2020 with no competition have on student-athlete NCAA eligibility?

Winter and fall sport student-athletes will not lose a season of Ivy League or NCAA eligibility, whether or not they enroll. Spring sport student-athlete eligibility will depend on if there is competition later in the term.

What are the issues surrounding years and seasons of eligibility?

The NCAA provides student-athletes 5 years in which to complete four seasons of competition in their sport. However Ivy student-athletes are normally expected to use their four seasons of competition within the four calendar years following initial enrollment. What this means for student-athletes is that if they are enrolled, even if not competing, the year will count as one of the four calendar years of Ivy League eligibility. This will be the case for spring 2021. However,
even though a year of enrollment will be used for Ivy purposes, student-athletes will retain the season of competition.

In order to use that season of competition within their four years at Princeton, a student-athlete must withdraw from the University at some point during their time as a student. The time that the student-athlete is on leave will count toward the NCAA 5-year clock, but not as one of the four opportunities to compete in the Ivy League. Student-athletes who wish to pursue competition during a fifth year of undergraduate education at Princeton must consult with the Athletics Compliance Office and receive institutional approval per the normal process. The Ivy League will provide a blanket non-participation waiver for sports that do not have the opportunity to participate in championship segment competition in 2020-21. While we encourage you to carefully weigh all options, we’d be happy to help you navigate this process if this is something you are considering.

**Would a decision to withdraw after classes start for the term be treated differently?**

A student-athlete who starts classes and then later withdraws from the institution because of a disruption in the season due to Covid-19 and for the sole purpose of preserving a season of eligibility should not presume that the option to use that season in the 5th year will be available. Additionally, a student-athlete who withdraws after the start of the term will not meet NCAA satisfactory progress requirements and will thus be ineligible upon return to the University and have to earn additional credit hours that term to regain eligibility.

**If a student-athlete does not have the opportunity to compete in 2020-21 and wishes to take advantage of a 5th year at Princeton, may they complete their undergraduate degree and pursue graduate work while competing in their final season of competition at Princeton?**

No – per Ivy League rules, all extracurricular activities (including intercollegiate athletics participation) shall be limited to those enrolled as undergraduates. However, students may be able to use that 5th year (fourth season of competition) while working toward a graduate degree at a non-Ivy institution. Student-athletes should contact the Athletics Compliance Office about the possibilities of competing elsewhere as a graduate student.

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**LEAVES OF ABSENCE**

**Will students who decide to take a Leave of Absence for spring and fall 2021 be able to return to Princeton in the spring of 2022?**

We anticipate that the process for taking a two-semester leave of absence beginning this spring will be similar to the process that was in place for fall 2020. We will share more information on this as soon as it available from the Office of the Dean of the College.
Students who wish to discuss taking a leave should reach out to their residential college dean. Seeking information will not require a student to take a leave.

Please copy Kelly Widener in Athletics and Dean Alec Dun in ODOC on your request so they can advise you on requirements specific to maintaining your athletics eligibility. Make sure your application includes all of your reasons for wanting to take a year leave, including preserving your athletics eligibility if applicable.

If a student-athlete decides to take a Leave of Absence this year, will he or she be able to preserve the season of eligibility to use in the future?

As always, students will need to work through normal institutional channels to extend enrollment beyond their expected graduation date. If approved and your circumstances qualify based on Princeton, Ivy League and NCAA policies, you will be granted a 5th year waiver to compete in your final season at Princeton.

Do NCAA and Ivy League rules regarding amateurism and extra benefits continue to apply to student athletes while they are on leave from Princeton?

Yes – student-athletes who are on leave and intend to return and represent Princeton (or any other NCAA member institution) in intercollegiate athletics should continue to comply with all NCAA and Ivy League rules while not enrolled.

If a returning student-athlete elects to take a leave of absence from Princeton would they be permitted to participate in outside athletics activities during the term?

The NCAA granted a blanket waiver for student-athletes in sports other than football and basketball that permits them to participate in outside noncollegiate, amateur competition during the fall term, provided certain conditions are met. The NCAA has not yet issued similar guidance for the winter/spring term, but the League will request similar relief and this document will be updated as further decisions are made. Please continue to consult the Compliance Office before participating with any outside team.

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**IVY LEAGUE GUIDELINES FOR PHASED ACTIVITY (FALL 2020)**

Please Note: The following information was disseminated for fall 2020. We expect the spring 2021 term guidelines to be similar. Once the updated documentation is available, it will be added here.

All sports will be permitted to phase in activity in some way beginning on or after the first day of classes, starting with clearance, then conditioning, moving to small group skill instruction, and advancing to group practices if and when conditions and campus/state policies permit.
Ivy League and NCAA playing and practice season limits and day off requirements will continue to apply to our teams this fall. This means that as outlined below, all sports will not be eligible for the same phase at the same time. Specific details of the playing seasons for fall, winter, and spring teams are outlined first, followed by the season-specific information.

Obviously, with the evolving nature of the pandemic, phases and policies will be determined on an on-going basis. The current phases of team activity as determined by the Ivy League are as follows:

**Phase Zero: Campus Arrival**
- Upon arrival students will be subject to University protocols for transition to campus, including testing and possible quarantine.
- Student-athletes must have medical clearance prior to participating in any athletics activity, and those processes, modified for social distancing, will likely take longer than normal.
- Student-athletes may not be able to begin athletics activity until after their first week on campus, or later.
- No in-person or physical athletics activity is permitted during this phase, but virtual meetings with coaches are permissible for up to two hours per week once classes begin.

**Phase I: Conditioning and Virtual Team Meetings**
- Student-athletes may participate in up to one hour per day of weight training and/or conditioning, with physical distancing.
- All participants will maintain distance of 6+ feet at all times.
- Group sizes should be no more than 10 students, or fewer, as determined by campus limits on the size of campus gatherings. [The University limit on 5 people in a group does not apply when a coach is running the activity.] Multiple groups may be in separate sections of the facility at the same time.
- Virtual meetings with coaches are permissible.

At University discretion, consideration will be given to progressing to Phase II based on campus policies and no evidence of virus spread among team members.

**Phase II: Small Group Activities**
- Student-athletes may participate in up to two hours per day of sport specific activity and conditioning/weight training, with physical distancing.
- All participants will maintain distance of 6+ feet at all times.
- Group sizes should be no more than 10 students, or fewer, as determined by University limits on the size of campus gatherings. Multiple groups may be in separate sections of the facility at the same time.
- In-person meetings in groups of no more than 10 students may also be held.
University policies do not currently allow for activities that involve close contact. Athletics will work with University health professionals to determine if and when each team can progress to Phase III.

Phase III: Mid-size Group and Additional Activities

- Student-athletes may participate in sport-specific practice activity for up to 12 hours per week, with maximum group size determined by campus limits and policies for other similar campus gatherings. Practice activities may include on-field play and strength and conditioning activities at the coach’s discretion.

- Contact, close drills and intra-squad scrimmages may take place as permitted by campus policies.

It is possible that NCAA limits will be adjusted if circumstances change, such as the cancellation of fall sport championships across the NCAA.

For the fall 2020 term, Ivy League hourly limits for in-season teams will be reduced from a maximum of 20 hours per week to a maximum of 12 hours per week. Specific details of the playing seasons for fall, winter, and spring teams are outlined below.

Safety exception and other permissible voluntary physical athletics activities with coaches are only permitted if included in the hour limits described below. In addition, captain’s practices and other informal team training sessions will be prohibited.

**ADDITIONAL INFORMATION**

**What do I do if I receive any media requests?**

If you receive any requests for comments or interviews, please refer the reporter to the Office of Athletic Communications and Chas Dorman, Assistant AD/Communications.

**Helpful Links and Resources**

- [Undergraduate FAQ page](https://uh.s.princeton.edu/health-resources/coronavirus-covid-19#factsheets)
- [Financial Aid website](coronavirus.princeton.edu)
- [Fall 2020 website](https://uh.s.princeton.edu/health-resources/coronavirus-covid-19#factsheets)
- [Office of the Dean of the College (ODOC) FAQ for Undergraduate Students](https://uh.s.princeton.edu/health-resources/coronavirus-covid-19#factsheets)

International students should look here for information on visa issues and other related guidance: [Davis International Center Advising](https://uh.s.princeton.edu/health-resources/coronavirus-covid-19#factsheets)
There are also many resources available to student-athletes at this time.

Dr. Mike Gross and Dr. Jonathan Pastor have expanded their hours in order to offer psychological support and sport psych consultations. Additional CPS counselors are also available.

Kelly Widener is available for eligibility and compliance questions.

Jason Gallucci and your performance/strength and conditioning coach can support you through Princeton Tiger Performance.

Dean Alec Dun and your Residential College Deans and Directors of Studies can address academic concerns.

Kathleen Mannheimer at Center for Career Development is available for career advising.

Jess Deutsch in Student-Athlete Services is available for anyone not sure which resources could be helpful.