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Philosophy of Athletics at HSU

A winning attitude, moral and ethical character, a sense of self-worth, leadership, and positive attitudes toward health and life-long fitness are characteristics a person can develop as a result of athletic participation. It is the goal of this department for each student-athlete to develop these characteristics as a result of having participated in athletics at Hardin-Simmons. We believe this will add to the quality of life, long after eligibility and organized competition have ended.

The objective of the program is participation for fun within a structured program. It is important the philosophy be understood and practiced by the Alumni, Board of Trustees, Administration, and Coaches and Students. The motivation for participation must come from a desire to participate in collegiate athletics without the external pressures that are dominant in scholarship athletics.

One of the most visible aspects of any campus is the athletic program of the university. The publicity generated by the athletic program throughout the school year helps bring a significant amount of promotion for the university. While a university athletic program helps to build the reputation of the school, it is the department’s responsibility to maintain the program in a dignified manner. The participants are regular students of the university who have no unique privileges in admissions, academic advising, course selection, grading, living accommodations, or financial aid. For current admission standards the student is requested to look at a recent undergraduate bulletin. The bulletin describes the current procedure and entrance examination scores that all students need for admission to Hardin-Simmons University.

Hardin-Simmons University follows and adheres to the recruiting policies that are set forth by the NCAA. The Athletic Department at HSU is responsible for staying current with the rules and regulations that are set forth by the NCAA. There is no tolerance of violations of recruiting regulations by any member of the athletic department of Hardin-Simmons University.

Division III Philosophy Statement

Colleges and universities in Division III place the highest priority on the overall quality of the educational experience and on the successful completion of all students’ academic programs. They seek to establish and maintain an environment in which a student-athlete’s athletic activities are conducted as an integral part of the student-athlete’s educational experience, and an environment that values cultural diversity and gender equity among their student-athletes and athletics staff.

HSU and the American Southwest Conference

HSU has been a member of the American Southwest Conference since the league was formed in 1996. The ASC consists of the following schools: Belhaven, Concordia, East Texas Baptist, HSU, Howard Payne, LeTourneau, Louisiana College, Mary Hardin-Baylor, McMurry, University of the Ozarks, Sul Ross State, University of Texas-Dallas and the University of Texas-Tyler. Southwestern University and Texas Lutheran University are affiliate members in the sport of football. The University of California-Santa Cruz is an affiliate member in the sport of women’s golf.

Amy Carlton has been with the league since 2002 and was named commissioner of the ASC in 2007. Jimmy Glenn serves as the Assistant Commissioner/Director of Media Relations.

The Presidents meet each May to vote on proposals that have been submitted by the coaches and athletic directors. Coaches also meet once a year to discuss issues within their sport and submit proposals. The
Athletic Directors meet with the Faculty Athletic Representatives twice a year to vote on proposals and discuss other issues related to the conference.

The ASC gives out selections and awards throughout the year for student-athletes. These include: All-Conference Award, Player/Athlete of the Year, Academic All-Conference, Scholar-Athlete Medal of Honor, Athlete of the Year, Fred Jacoby Sportsmanship Award, and Community Service Award.

**HSU Athletic Vision Statement**

The Hardin-Simmons University Athletic Department strives to provide an exceptional Division III student-athlete experience by focusing on the following values:

1. Faith
2. Family
3. Growth
4. Excellence

**HSU Athletic Mission Statement**

The mission of the HSU Athletic Program is to promote competitive athletics, encourage academic growth and demonstrate Christian leadership.

**Eligibility of Student-Athletes at HSU**

To be eligible to represent Hardin-Simmons University in intercollegiate athletics competition, a student-athlete shall be enrolled in at least a minimum full-time program of studies, be in good academic standing and maintain satisfactory progress toward a baccalaureate degree.

NCAA Bylaw 14.01.2.01 allows the university to format its definition of good academic standing at Hardin-Simmons University and is defined as the following:

A student athlete must be enrolled in 12 semester hours during the season of competition. It is the responsibility of the coaching staff to approve any schedule changes. This will help ensure that no student-athlete will compete and not be below 12 hours. To practice with the team, the student must also be enrolled in 12 hours. A student cannot practice or compete if they are not enrolled in 12 hours or more.

A student must be making satisfactory progress toward graduation and a degree, which can be interpreted as completing 21 hours in the last school year.

In order for a student to continue to represent the university in any extracurricular activities, a student must complete 21 hours in the last academic year. The purpose of this policy is to ensure that all students involved in school activities are also making satisfactory progress towards a degree. Hours that are taken during the May Term, Summer I and Summer II will be counted toward the calendar year.
Students whose overall grade point average is less than the appropriate level indicated below are placed on academic probation:

<table>
<thead>
<tr>
<th>Semester Hours Attempted</th>
<th>Required Grade Point Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>12-32</td>
<td>1.60</td>
</tr>
<tr>
<td>33-48</td>
<td>1.80</td>
</tr>
<tr>
<td>49 or more</td>
<td>2.00</td>
</tr>
</tbody>
</table>

Students on academic probation and/or disciplinary probation are subject to the following policy limiting their extracurricular activities.

A student on probation may not represent the university in activities in which he/she is not registered for credit.

**Academic Programs and Policies**

The undergraduate curriculum at Hardin-Simmons University incorporates four elements designed to equip conscientious students to experience life to the fullest as educated adults. Providing carefully constructed academic stimuli, the foundational curriculum provides a basis in the arts and sciences for all bachelor’s degrees awarded by the university. The major requires focused and in-depth study in one area chosen by the student while the minor intensifies the collegiate educational experience even further by concentration on the student’s secondary choice of specialized study. In addition, elective courses present students with opportunities to delve into areas outside the major and minor and expand their frame of reference for their efforts to interpret meaning within their lives. A fifth component, The Capstone Experience, is a part of most majors at HSU and offers an overview of the knowledge expected of graduating students in a particular major as well as discussion of employment and graduate school opportunities. Students are expected to do their own academic work; therefore, academic dishonesty will not be tolerated. Faculty and students are encouraged to take an aggressive approach to combating acts of inappropriate academic behavior. Academic dishonesty occurs when a student submits the work of someone else as his/her own or has special information for use in an evaluation activity that is not available to other students in the same activity. Students who observe or become aware of violations of academic integrity should report these violations to the professor in whose course the dishonest acts occur.

Examples include but may not be limited to the following:

1. Cheating on an examination:
   - Copying from another student’s examination.
   - Possessing or using material during an examination not authorized by the person giving the exam.
   - Collaborating with or seeking aid from another student during an exam without permission from the instructor.
   - Knowingly using, buying, selling, stealing, transporting, or soliciting in whole or in part the contents of an un-administered examination.
   - Substituting for another student or permitting another student to substitute for one’s self to take a test.
   - Obtaining an un-administered test or information about an un-administered test.
2. Plagiarism is the appropriation, buying, receiving as a gift, or obtaining by any means another person’s work and the unacknowledged submission or incorporation of it as one’s own work. This could include the failure to specifically cite sources.

**HSU Attendance Policy**

For each class attendance policy, refer to the Attendance Policy in the 2016-2017 Undergraduate Catalog: “Accordingly, absence from more than 25 percent of class meetings and/or laboratory sessions scheduled for a course (including absences because of athletic participation) is regarded as excessive, and a grade of F may be assigned as deemed appropriate by the professor.” Excused absences are still counted in the total number of absences. The fact that an absence is excused means only that the student has the opportunity to make up work missed during the absence without penalty to his/her grade. It is the responsibility of the student to make arrangements with the professor to complete the work in a time frame agreeable with the professor. Additional specific policies can be included in the individual class settings by the professor.

**Student-Athlete Tutorial Program**

Tutorial help (additional academic assistance) is available for core courses. The Advising Center employs academically successful students to help their peers review materials and develop effective study skills. Tutors DO NOT give direct help on homework and papers, but are available to explain procedures and concepts. Tutors are undergraduate Hardin-Simmons students who have met stringent academic requirements, have been recommended by faculty, and have completed a tutoring training session.

Academic Coaching and Enrichment programs are designed to assist and enhance the educational needs of Hardin-Simmons University undergraduate students. Their programs consist of individual tutoring, group tutoring, and peer-to-peer mentoring. The mission of the Student Engagement Office is to understand the needs of the students and provide the resources needed for success.

**Student-Athlete Advisory Committee**

A Student-Athlete Advisory Committee (SAAC) is a committee made up of student-athletes assembled to provide insight on the student-athlete experience and to offer input on the rules, regulations and policies that affect student-athlete lives on NCAA member institution campuses.

The Athletic Department at Hardin-Simmons University set the following guidelines for the Student-Athlete Advisory Committee on our campus. The committee shall be made up of student-athletes, with two members from each sport that is sponsored by Hardin-Simmons University. The committee will meet at the start of each semester to discuss the quality of athletics at Hardin-Simmons. The members of the committee will be encouraged to give their opinions on ways to improve the athletic program. The committee members are invited and encouraged to attend the Athletic Committee Meetings throughout the school year. While the student-athletes receive invitations to participate in committee discussion, they do not have a vote on committee issues.

**Student-Athlete Code of Conduct**

As a valued member of the Hardin-Simmons University Athletic Department, the student-athlete will use his/her talents to attain a quality education and earn a degree. Although time commitments are demanding during the athletic season, the student-athlete will remain academically eligible, attend class, inform professors of expected absences due to official athletic events and maintain academic integrity.
As a member of the HSU Athletics family, the student-athlete will represent with integrity, the values and traditions of Hardin-Simmons University. As a HSU student-athlete, he/she will display good sportsmanship, know and follow NCAA and ASC guidelines, obey team rules and policies and work to positively represent HSU athletics, both in the classroom, and in his/her daily life.

**Student-Athlete Misconduct**

Student-athletes are held accountable by the same policies and procedures as other university students as outlined in the Hardin-Simmons University Student Handbook. In addition, they are held to the Hardin-Simmons University Athletic Department Standard of Conduct outlined here. The head coach of each sport also has his/her own set of team rules and is responsible for enforcing their rules. The HSU Athletic Department will fully support appropriate disciplinary action taken by a coach in concurrence with the Director of Athletics.

**Athletic Training at HSU**

HSU Sports Medicine exists to provide top-notch, evidence-based medical care with a focus on the student-athlete. Medical providers comprise of both athletic trainers as well as physicians in various specialties relevant to sports medicine. Athletic Trainers are trained in five major domains of clinical practice including:

1. Injury and Illness Prevention and Wellness Promotion
2. Examination, Assessment, and Diagnosis
3. Immediate and Emergency Care
4. Therapeutic Intervention
5. Healthcare Administration and Professional Responsibility

HSU Athletic Training provides a comprehensive continuum of care that ranges from orthopedic injuries and conditions to general medical conditions and illness. Concussion recognition, management and environmental injuries and emergencies receive heavy emphasis within the scope of practice.

**Clinic Rules and Regulations**

- Leave all shoes must be left outside of the clinic or in an area designated by an athletic trainer. Any shoes or items left for more than a week will be donated.
- No backpacks, athletic bags, etc. allowed in the clinics. They must be kept elsewhere.
- No outside food or beverage allowed.
- No tobacco or alcohol products.
- No taping or treatments will be initiated within 20 minutes of practice time, unless authorized by an athletic trainer.
- All patients and student-athletes must shower before being seen or receiving care after a practice or competition.
- Sports Medicine clinics serve patients of both sexes. A minimum of t-shirt and shorts are required at all times.
- Those individuals wearing inappropriate or offensive clothing will be respectfully asked to change.
• All medical equipment is for the use of medical or pre-professional staff only.
• Each patient is responsible for keeping up with and returning all durable medical equipment
  issued to them by HSU Medicine.
• Clinic computers, electronics, and phones are for professional use only.
• Public displays of affection between significant others are not appropriate behavior in an on- 
campus medical facility.
• Please maintain a respectful and reasonable tone of voice in the clinic. Profanity, screaming,
yelling, or disrespectful communication of any sort will not be tolerated. Medical staff will treat
the student-athlete with respect and consideration—please do the same for the medical staff.
• Please keep cell phone volume low and material visible on your screen appropriate. Phones may
be used during treatments such as ice, superficial heat, etc. but must be put away during a rehab
session. If a member of the HSU Sports Medicine staff asks the student-athlete to put your phone
away, he/she needs to cooperate. The cell phone should not be a distraction while a staff member
is working with you.

**Institutional Policy on NCAA Drug Testing**

All student-athletes enrolled full-time at Hardin-Simmons University are eligible for randomized drug
testing per Hardin-Simmons University’s Drug and Alcohol Program. The institutional drug testing
program at Hardin-Simmons University is randomized via an electronically generated list. An outside
agency called Drug Free Sport produces and oversees all drug testing rosters and specimen. The types of
institutional drug testing conducted by Hardin-Simmons University are limited to but may include:
randomized drug testing, reasonable suspicion testing, team testing, pre-season testing, post-season
testing, follow-up testing, and re-entry testing.

Hardin-Simmons University may test a student-athlete for any substance that it wishes. These may or may
not be limited to those drugs, supplements, or substances that contain, in whole or part, substances that
the NCAA classifies as falling within a banned drug class.

Hardin-Simmons University has a zero tolerance policy when responding to a positive result on a drug
test by a student-athlete. Those student-athletes who test positive on an institutional drug test will be
declared ineligible for half of the remaining competitions that season if tested in-season or half of the
contests for the upcoming season if tested out-of-season. Required evaluation by an HSU team physician
and counseling by a licensed substance abuse counselor may be required. Repeat offenses may carry a
penalty of declared ineligibility for up to 365 days from the date of the positive test. The Director of
Athletic Training Services, Director of Athletics, Head Coach, and appropriate HSU Sports Medicine
staff members will be made aware of the positive result. All other athletic department staff are on a need-
to-know basis only. The student-athlete may voluntarily disclose testing results as he or she wishes.

There are medical exceptions for medication prescribed for psychosocial concerns such as ADHD or
other diagnoses for which a medication may be required that contains, in whole or part, a substance that
may fall under the category of a banned drug class. More information in regards to specific exemptions
and specific guidance for filing those exemptions can be found at
The Safe Harbor program allows student-athletes to voluntarily and confidentially disclose drug or alcohol use to an athletic trainer without any disciplinary action. Evaluation and substance abuse counseling may also be required with enrollment in the Safe Harbor program. Their individuals will not be subject to institutional testing, but are not exempt from NCAA testing. This program is offered one time only to all first-year and transfer student-athletes. Declaring Safe Harbor on the date of a drug test is not allowed. All student-athletes must declare Safe Harbor within 48 hours of their pre-season meeting with an Athletic Trainer.

**NCAA Banned Drug Classes**

Per the NCAA-The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

**Drugs and Procedures Subject to Restrictions:**

1. Blood doping
2. Gene doping
3. Local anesthetics (under some conditions).
4. Manipulation of urine samples
5. Beta-2 Agonists permitted only by prescription and inhalation.

**NCAA Nutritional/Dietary Supplements Warning:**

Before consuming any nutritional/dietary supplement product, review the product with the appropriate or designated athletics department staff. There are no NCAA approved supplement products.

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

Check with your athletics department staff prior to using a supplement.

**Examples of NCAA Banned Substances in Each Drug Class:**

Note to Student-Athletes: There is NOT a complete list of banned substances. Do not rely on this list to rule out any label ingredient.

1. Stimulants: Amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; methamphetamine (DMAA); methylphenidate (Ritalin); synephrine (bitter orange); methylhexaneamine, "bath salts" (mephedrone); octopamine; DMBA; phenylethylamines (PEAs); etc. Exceptions: phenylephrine and pseudoephedrine are not banned.
2. Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenedione):
   Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; ostarine, stanozolol; stenbolone; testosterone; trenbolone; SARMs (ostarine); etc.
3. Alcohol and Beta Blockers (banned for rifle only): Alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

4. Diuretics (water pills) and Other Masking Agents: Bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

5. Street Drugs: Heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (e.g., spice, K2, JWH-018, JWH-073).

6. Peptide Hormones and Analogues: Growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); IGF-1; etc.

7. Anti-Estrogens: Anastrozole; tamoxifen; formestane; ATD; clomiphene; SERMS (nolvadex); Arimidex; clomid; evista; fulvestrant; aromatase inhibitors (Androst-3, 5-dien-7, 17-dione), etc.

8. Beta-2 Agonists: Bambuterol; formoterol; salbutamol; salmeterol; higenamine; norcoclaurine; etc. Additional examples of banned drugs can be found at www.ncaa.org/drugtesting.

 HSU Prescription Drug Policy

Purpose of the Policy. Hardin-Simmons University seeks to protect the health and well-being of all student-athletes, and by extension, the students at Hardin-Simmons University. Rules and regulations are delineated in this policy regarding who may prescribe, possess, and dispense a prescription medication to a student-athlete at Hardin-Simmons University.

Policy Statement-Any prescription medication in the possession of Hardin-Simmons University student-athlete must be prescribed to he or she by a licensed medical professional—a physician, physician assistant, nurse practitioner, or other provider with prescribing power—for a personal medical condition or an injury incurred via participation in intercollegiate athletics. Athletic Trainers are included in the definition of licensed medical professionals and may dispense prescription medication to a student-athlete with the consent from a Hardin-Simmons University team physician. Under no circumstances, shall a coach or any non-medical personnel attempt to dispense any prescription medication to a student-athlete. It should be understood that dispensing medication without a prescription or outside of the parameters of this policy may constitute the ‘unlawful manufacture, distribution, dispensing, possession, or use of a controlled substance’. Violation of this policy could constitute a violation of criminal law. This is further detailed in the university’s personnel handbook on page 35.

Definitions

Prescription medication shall be defined as any medication that is not legally available for purchase without a written or verbal prescription from a physician or provider with prescribing power. This shall include any and all prescription medications.

Licensed medical professionals are Hardin-Simmons University team physicians, their designees, other physician consultants on a case by case basis, and athletic trainers.

‘Unlawful manufacture, distribution, dispensing, possession, or use of a controlled substance’ is any violation of the above policy statement via the dispensing of any prescription medication in an unauthorized manner.
Recommended Procedures for the Prescription Drug Policy.

Report all use-The Division of Sports Medicine requires student-athletes to report all medications possessed to the athlete’s staff athletic trainer, and list each medication on the athlete’s medical history form. Remind athletes to report all prescription medications or changes in the frequency or dosage of medications.

Report suspected abuse-Employees should remain alert for potential abuse of any drug. Coaches, student-athletes and parents should report concerns of potential drug or medication misuse to an athletic trainer. Although the athletic trainer cannot share protected information on an athlete’s injury, status of drug testing in certain circumstances, or drug treatment program information, the athletic trainer will attempt to provide guidance while maintaining appropriate confidentiality.

Lawful use-Licensed physicians must lawfully prescribe prescription medications possessed by a student-athlete. A pharmacist may then dispense the medication, or by another authorized medical providers under certain circumstances, including athletic trainers employed by Hardin-Simmons University.

Role of team physicians and athletic trainers-The Division of Sports Medicine’s team physicians may prescribe prescription medications to student-athletes as appropriate for an athletic injury or illness. With the physician’s consent and at their direction, athletic trainers are authorized to dispense prescription medication to student-athletes. Athletic Trainers may obtain the consent of team physicians orally if necessary, typically on a temporary basis, but athletic trainers should attempt to obtain a written prescription with specific dosing instructions, or as otherwise allowed by the Division of Sports Medicine’s standing orders concerning physician instructions. The role of the athletic trainer is illustrated below:

Penalties-Failure to follow the Personnel or Prescription Drug Use Policies will result in appropriate discipline, including suspension or termination of employment.

**Athletic Insurance**

Hardin-Simmons University requires all student-athletes to have current and active medical insurance. Those student-athletes without primary medical insurance are highly encouraged to shop for an ACA compliant plan on the Healthcare.gov website. Options for obtaining temporary primary insurance through a broker in the Abilene area are currently unavailable. PPO plans provide clear advantages over HMO plans, as having a PPO plan may help avoid delays in referral to HSU team physicians for continued care deemed necessary by an athletic trainer. Please note that an HMO plan may restrict care received to your home city and state, and referrals typically need to be obtained for HSU team physician
referral. Hardin-Simmons University does offer a secondary athletic insurance policy that covers any costs associated with care of athletic injuries after your primary insurance has paid. This secondary policy free-of-charge to all student-athletes. This policy covers any athletic injury that is sustained during a coach-sanctioned practice or competition. Whatever primary insurance does not pay, Hardin-Simmons University’s secondary insurance covers the remainder. This applies even if you have not met your deductible for the respective plan year. **Please note that this policy does not cover a general medical illness, injuries that occur outside of athletics participation or injuries that were sustained prior to participation in athletics at HSU.**

**Does Hardin-Simmons University have an insurance policy that covers a student-athlete in the event that he or she sustains an injury?**

Yes. Hardin-Simmons University has a secondary insurance policy that covers injuries and select medical conditions that result from participation in intercollegiate athletics. This policy is secondary, meaning that it covers any expenses that are remaining after the student-athlete’s primary insurance has been filed and paid on a claim.

**What is covered under the policy?**

Any injury that originated during a team workout, practice, or competition that was under the supervision of a coach.

**What is not covered under the policy?**

General medical conditions, injuries from participation in high-school sporting events, or those injuries that result from participation in intramurals, on-campus accidents (i.e.- spraining an ankle while walking down the stairs in the dorm), or any injury that occurred outside of Hardin-Simmons University athletics.

**I received a bill for an injury covered by HSU’s insurance. What do I do?**

You will need two things: the bill and the explanation of benefits documents from your primary insurance company. Please send both of those documents to the address below:

<table>
<thead>
<tr>
<th>NAHGA Claim Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>PO Box 189</td>
</tr>
<tr>
<td>Bridgton, ME 04009</td>
</tr>
</tbody>
</table>

Please write legibly on a piece of paper or the bill the following policy information:

- **Policy Number:** SRG805706
- **Group:** Hardin-Simmons University

**I paid a bill that should have been covered by HSU’s insurance. What do I do?**

Please submit the bill, the explanation of benefits, and a receipt to the address below:

<table>
<thead>
<tr>
<th>Wade Green, MEEd, LAT, ATC</th>
</tr>
</thead>
<tbody>
<tr>
<td>HSU Box 16185</td>
</tr>
<tr>
<td>2200 Hickory</td>
</tr>
<tr>
<td>Abilene, TX 79698</td>
</tr>
</tbody>
</table>

Please also contact Wade Green, Director of Athletic Training Services at 325-670-1188 or **Wade.A.Green@hsutx.edu.**
Hazing Policies

Effective September 1, 1987, Texas Legislature (Sub-Chapter B, Chapter 4, and Education Code) made hazing in any form, mental or physical, by individuals or by organizations, a misdemeanor crime.

According to the Texas Legislature, hazing is defined as “any intentional, knowing, or reckless act, occurring on or off campus of an educational institution, by one person alone or acting with physical health or safety of a student for the purpose of pledging, being initiated into, affiliating with, holding office in, or maintaining membership in any organization whose members are or include students at an educational institution.”

Students should be aware of the prescribed punishments for hazing punishments for hazing violations, which range from not less than 90 days up to two years in jail or fines from $500 to $10,000, or both.

The offense of failing to report a hazing incident is misdemeanor punishable by a fine not to exceed $1,000, confinement in county jail for not more than 180 days, or both such fine and confinement.

Any club or athletic team violating hazing regulations will be subject to suspension from further operation at Hardin-Simmons University. Individuals involved in such activities will be subject to disciplinary action by the dean of students or the Student Conduct Committee and to possible suspension from the university.

Student-Athlete Travel Policy

Each HSU student-athlete must travel to and from the competition with the team. A student-athlete may be released to travel home with a parent or legal guardian if there has been direct communication with the head coach. The parent or legal guardian must be in person to receive permission from the head coach.

Gambling Statement

In agreement with the NCAA manual, “Gambling activity that involves intercollegiate athletics or professional athletics, through a bookmaker, a parlay card or any other method employed by organized gambling is prohibited.”

Social Networking Policy

The Department of Athletics understands the popularity and usefulness of social networking sites and supports its use by student-athletes provided that no offensive or inappropriate pictures or comments are posted. Any information placed on the social media sites is allowed that does not violate college, department of athletics or student-athlete code of conduct. No pictures of coaches, staff and any other university personnel will be posted without the written permission of that person.

Student-athletes must remember that they are representatives of Hardin-Simmons University and are in the public eye more so than other students. Please keep the following in mind as you participate on social networking websites.
Before participating in any online community, understand that anything posted online is available to anyone in the world. Any text or photo placed online becomes the property of the site(s) and is completely out of your control the moment it is placed online—even if you limit access to your site.

You should not post any information, photos or other items online that could embarrass you, your family, your team, the department of athletics or Hardin-Simmons University. This includes information that may be posted by others on your page.

It is strongly encouraged that you never post your home address, local address, phone number(s), birthdates or other personal information. You could become the target of identity theft.

Student-athletes could face discipline and even dismissal for violations of team, department, college and/or NCAA policies.

The college, department of athletics and other local law enforcement agencies monitor these websites regularly as do potential employers and internship supervisors as a way of screening applicants. In addition, many graduate programs and scholarship committees also search these sites to screen candidates.

Weight Room Policies

- Only athletes are allowed in the weight room, unless part of a class or research project that has been approved ahead of time.
- Only athletes of assigned teams may be in the weight room during team times unless a prior arrangement has been made with the head strength coach. Please clean up after yourself.
- Athletic t-shirts and athletic shoes must be worn at all times. All shorts must be mid-thigh and no spandex shorts unless under normal issued shorts.
- Athletes need to check with your strength coach each time you enter the weight room. Athletes must have a workout, follow it, and record workout content on your own. A certified strength and conditioning coach must be present during any and all lift times.
- Lifters are required to use collars on all barbell lifts and to use spotters on every set when appropriate. Lifters must not rest weights on benches between sets and must report any injury or broken/damaged equipment to a strength coach as soon as incident occurs.
- Only move weights from the storage area to the bar only. Never set weights on upholstery, the floor, or lean them up against equipment. All bars must be emptied of weights immediately after use and return dumbbells to the rack in proper order.
- No food, drink, gum, toothpicks, alcohol or tobacco are permitted at any time.
- Portable audio devices are not allowed in the weight room.
- Spitting or defacing the facility is not permitted and will result in immediate expulsion from the weight room.
- If you have an injury that may in any way inhibit a portion of your workout, you must see a trainer on your own time and receive a written slip explaining the injury, which movements are to be avoided, and which ones may be substituted.
- No profanity of any kind from music, language or in print. Failure to follow any of the policies will result in loss of weight room privileges.
Participation Requirements

In order for a student to continue to represent the university, a student must have completed 21 credits in the last academic year. The purpose of this policy is to ensure that athletes are also making satisfactory progress toward a degree. Credits that are taken during May Term, Summer I, and Summer II will be counted toward the calendar year. A list of all athletes is required to be turned into the Registrar’s Office. The Registrar will approve all athletes for participation.

Student-athletes who qualify for championship-level play which conflicts with finals week should be given the option of taking their final exams either before or after completion of the athletic event. It is the student-athlete’s responsibility to notify their professors of the conflict, to work with their professors to schedule an alternate date for the exam, and to complete any necessary university-related paperwork prior to leaving for the athletic event.

Per the NCAA 14.1.8.1 Requirement for Practice or Competition: “To be eligible for practice or competition, a student-athlete shall be enrolled in at least a minimum full-time program of studies leading to a baccalaureate or equivalent degree as defined by the institution. For purposes of this bylaw and its subsections, to be eligible for competition, a student-athlete shall be enrolled in not less than 12 semester or quarter hours, regardless of the institution’s definition of minimum full-time program of studies.

Transfer Eligibility

All transfer students who plan on participating in athletics at Hardin-Simmons need to complete the transfer eligibility form. This form may be obtained from the Director of Athletics, who will also send a four year transfer form to the student’s previous institution. The student-athlete will not be allowed to compete until the school has received the four year transfer form from the previous institution.
**Student-Athlete Evaluation Summary**

On a regular basis, the athletic department will provide student-athletes of all teams the opportunity to provide feedback on their athletic experience.

The student-athletes will complete a questionnaire each year that includes topics on coaching, travel, athletic training, strength and conditioning, athletic communication and athletic administration. There will also be an opportunity for the student-athlete to provide their opinions on anything else that they believe is crucial to the success of the athletic department.

### Student-Athlete Experience Evaluation Summary

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<th>QUESTIONS</th>
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<td><strong>Academic Support</strong></td>
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<td>Academic advising available and helpful in choosing classes</td>
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<td>Tutoring readily available</td>
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<td>Study hall/table necessary use of time</td>
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<td>Faculty athletics representative known and involved</td>
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<td><strong>Athletics Experience</strong></td>
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<td>Quality of meals on road trips</td>
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<td>Quality of hotels on road trips</td>
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<td>Demands placed were manageable</td>
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<td>Condition of facilities</td>
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<td>Condition of issued equipment (uniforms, etc.)</td>
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<td>Availability of weight room</td>
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<td>Maintenance of facilities</td>
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<td><strong>Coaching Staff Head Coach</strong></td>
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<td>Commitment to student-athlete's academic success</td>
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<td>Displays knowledge of sport, communicates technical expertise</td>
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<td>Exercises control in practice and games</td>
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<td>Communicates awareness of and compliance with NCAA and university rules and policies</td>
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<td>Provides healthy and motivating environment for student-athlete</td>
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<td>Provides opportunities for players to ask questions and discuss areas of concern</td>
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<td>Coaching Staff Assistant Coach</td>
<td>Commitment to student-athletes’ academic success</td>
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<td>Good working relationship with head coach</td>
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<td>Strength and Conditioning</td>
<td>Coaching staff displays knowledge in proper sport specific strength and conditioning techniques</td>
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<td>Strength and conditioning equipment and facilities acceptable</td>
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<td>In-season time demands appropriate</td>
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<td>Off-season time demands appropriate</td>
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<td>Sports Medicine Athletic</td>
<td>Availability of athletic training services</td>
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<td>Level of care received from the sports medicine/athletic training staff</td>
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<td>Level of coverage at in-season practices and competition</td>
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<td>Athletics Administration</td>
<td>Availability/approachability of athletics administrators</td>
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<td>Performance of sports information director</td>
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<td>Quality of general marketing promotions</td>
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<td>Compliance coordinator knowledge of NCAA rules</td>
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<td>SAAC</td>
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<td>Community service involvement with SAAC or team</td>
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