MAINE MARITIME ACADEMY ATHLETICS

Student-Athlete Handbook for AY 2016-2017
Welcome to Maine Maritime Academy Athletics

Dear Mariner,

Participation in intercollegiate athletics is a privilege that a very small percentage of athletes ever have the opportunity to enjoy. Seize your opportunity. You will be surprised by how fast four years flies by!

With this privilege comes responsibility. This Student-Athlete Handbook was developed as a reference to assist you in your experience as a student-athlete at Maine Maritime Academy. It outlines a number of the various rules and regulations that pertain directly to your experience as a Mariners student-athlete.

Our mission as athletic administrators, coaches, and educators is to assist your personal growth and development, and to ensure you leave the Academy a well-rounded individual prepared to thrive in a competitive world. Your role in that mission is to be an active participant in learning, and in shaping the outstanding tradition of Mariners Athletics. Assuming responsibility for these rules and your personal conduct are necessary to facilitate that growth.

Always be mindful that as a student-athlete, you are a “public figure.” Always represent yourself, the people who support you, your team, our department, and MMA with class and dignity.

Sincerely,

Steve Peed
Director of Athletics
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Maine Maritime Academy Athletics

**Integrity first.**
**Progress through perseverance.**
**Leaders at every opportunity.**

**Athletics at Maine Maritime Academy**
Intercollegiate athletics is a complementary component of collegiate life. Athletics contribute to a healthy and vibrant campus culture in myriad ways. Competition provides both a physical outlet and an opportunity to understand the connection between preparation and execution. Participation in athletics creates social opportunity and opportunity to celebrate our community, establishing deep and meaningful bonds among students and with the Academy. Athletics serve as a critical touch point for prospective students and alumni alike. Additionally, athletics provides a number of co-curricular learning opportunities, including lessons in time management, conflict resolution, and leadership and teamwork through its contributions to personal and professional development.

Maine Maritime Athletics directly contributes to two of the Academy’s four strategic goals outlined in the current strategic plan.

- Continuously demonstrate that overall student satisfaction is central to our management philosophy.
- Elevate MMA’s profile and stature through thoughtful and effective outreach, brand, and communication strategies.

Those goals comprise the lens through which the institution measures success of its athletic programs, and it is the responsibility of the athletic department to remain mindful of those goals as it undertakes any endeavor.

**Mission of Mariners Athletics**
Maine Maritime Athletics mission is to prepare our athletes for lifelong success through dedication to one’s team, individual growth, and a passion for sport, education, and profession. We will value integrity above all else as the driving value toward leadership, citizenship, and sportsmanship.
Guiding Principles and Desired Outcomes

- Integrity breeds success. Integrity is the parent of respect and trust. Success without integrity is failure in disguise. Our students shall learn to live lives of integrity.
- Our students will all be professionals in something other than their sport. Their academic pursuits shall take first priority.
- Academic success and athletic success are not mutually exclusive concepts. They shall compete for grades and championships with appropriate purpose and intensity.
- Our students will have many demands on their time for the remainder of their lives. They shall learn to prioritize their demands by planning effectively, resolving conflicts actively, and attending to their commitments honorably.
- Our students will graduate into a world in need of transformational leadership. They shall learn to lead through our programming with a keen sense of self-awareness, intellectual and emotional intelligence, and with the variety of tools we provide.
- Our students will graduate into global industries encompassing diverse array of cultures. They shall avail themselves of the cultural and educational opportunities provided as their athletic teams travel throughout the region and beyond.
- Our students are ambassadors of the Academy from the moment they enroll. They are Mariners forever. They shall live exemplary lives.
- Our students who wear Maine Maritime on their uniforms have committed to represent the Academy. Their commitment shall be honored by the Academy through equal opportunity to access:
  1. Excellent coaching and mentorship;
  2. Proper safety equipment and uniforms;
  3. Safe, high-quality facilities, including playing and practice venues; training, medical and equipment facilities; locker rooms; and social, study and meeting spaces.

The Academy’s Responsibilities to its Mariners

- All members of the athletic department will model the integrity expected of its students.
- The athletic department will foster a positive culture by adhering to our shared values.
- The athletic department’s coaching staffs will recruit students with congruent values. They will provide the Academy’s classrooms with dedicated scholars and its campus with exemplary leaders.
- The athletic department’s administration, coaching and professional staffs will provide students with opportunities to grow as individuals and to seize upon teachable moments whenever they arise.
- All members of the athletic department will remain mindful of the unique demands placed on all of the Academy’s students.
- All members of the athletic department will provide excellent service in all aspects of operations including, but not limited to sports medicine, athletic communications, equipment services, academic support, and strength and conditioning.
• All members of the athletic department will assist every student in realizing their leadership potential.
• The Academy will provide the resources necessary in order to position its students to be competitive at the conference level, and to achieve individual and team scholar-athlete status at the national level.
• The athletic department will ensure that its needs are communicated through proper channels and that resources are deployed efficiently and effectively.
• The athletic department’s coaching staffs will pursue schedules that provide opposition with similar institutional values; the schedules will place emphasis on fellow maritime institutions and service academies.

The Student-Athlete’s Responsibility
• Our students will be mindful of integrity in every aspect of their lives. Integrity will be the cornerstone of their personal brand. They will both demonstrate and earn respect, and foster trusting relationships built upon integrity and respect.
• Our students will understand and demonstrate the concepts of teamwork, commitment, and selflessness.
• Our students will respect their sport and the Academy by demonstrating respect for all coaches, teammates, opponents, officials and fans. As ambassadors of the Academy, our students will remain mindful of all that they represent during competitions and all travel associated with competition. They will demonstrate their commitment to this principle when attending contests involving other teams, and demand the same commitment of their friends and family attending their own contests.
• Our students will be active contributors to the establishment of a healthy and vibrant campus culture and shall assume active roles in the Regiment of Midshipmen, Student Government, Residence Life, and other clubs and organizations.
• Our students will provide service to the campus community, the Castine community, and the world beyond.
• Our students will seek mentors experienced in their endeavors. Our students will provide leadership in their profession beyond Maine Maritime, and mentorship to the future students of Maine Maritime.
• Our students will develop deep and enduring bonds with their teammates, coaches, and the Academy. They will contribute some combination of time, talent and treasure to their program after their four years.

NCAA Division III: Discover, Develop, Dedicate
Follow your passions and discover your potential. The college experience is a time of learning and growth – a chance to follow passions and develop potential. For student-athletes in Division III, this happens most importantly in the classroom and through earning an academic degree. The Division III experience provides for passionate participation in a competitive athletics environment, where student-athletes push themselves to excellence and build upon their academic success with new challenges and life skills. And student-athletes are encouraged to pursue the full spectrum of opportunities available
during their time in college. In this way, Division III provides an integrated environment for student-athletes to take responsibility for their own paths, follow their passions and find their potential through a comprehensive educational experience.

- **Proportion**: appropriate relation of academics with opportunities to pursue athletics & other passions.
- **Comprehensive Learning**: opportunity for broad-based education and success.
- **Passion**: playing for the love of the game, competition, fun and self-improvement.
- **Responsibility**: development of accountability through personal commitment and choices.
- **Sportsmanship**: fair and respectful conduct toward all participants and supporters.
- **Citizenship**: dedication to developing responsible leaders and citizens in our communities.

**Multi-Sport Athletes**

In accordance with the spirit of both the Institution's and NCAA Division III Philosophies, Maine Maritime Academy's Department of Athletics and Recreation champions the learning opportunities provided through intercollegiate activity. We encourage our students to discover, develop and dedicate themselves, while promoting the NCAA's core principles of proportion and responsibility. Student-Athletes reserve the right to try out for as many or few intercollegiate or club sports as they feel coincides with their educational, physical and social goals, provided they meet all eligibility requirements. Students should be mindful of the ramifications competing on multiple rosters may have in those areas. Coaches shall neither encourage athletes on rosters of other teams to compete on his/her team, nor shall they discourage athletes on their roster from competing on the rosters of other programs. It is highly recommended that the student-athletes already competing in one sport consult with their athletic trainers and current coach(es).

- Sport competing in traditional segment has priority over sports in non-traditional or pre-season training.
- No student-athlete may participate in two practices on the same day without permission from the coach in the traditional segment.
- A student-athlete competing in his/her traditional segment may attend non-traditional practices and pre-season practices as well as administrative meetings, provided they do not occur on the student-athlete’s day off in their traditional segment sport.
- No student-athlete may participate in a non-traditional or preseason practice on the day of a traditional segment contest.
- The student-athlete is not required to participate in any non-traditional or pre-season training while participating with his or her team in the traditional segment.
- The coach of an athlete’s sport competing in its traditional segment may prohibit a student-athlete from any non-traditional/pre-season participation through conference championships or extended tournament play.
- Two/three sport athletes will not be penalized for missing non-traditional/pre-season training due to in-season competition.
- Student-athletes are required to take a minimum of one day off in between sports.
**Equitable Treatment of Sports**
All Maine Maritime Academy intercollegiate sport programs will be treated with an equal degree of respect. To the limit of its ability to do so, the Department of Athletics will provide the best possible facilities, equipment, scheduling opportunities, coaching, and support services for each sponsored sport.

**Maine Maritime Academy Student Code of Conduct**
It is a privilege to be a member of an athletic team at Maine Maritime Academy. All student-athletes involved with Mariners sports are expected to demonstrate good sportsmanship, honesty, integrity, and abide by all Academy rules and regulations. Student-athletes are responsible for abiding by team, department, and Academy rules and regulations, as well as those of their respective conference(s) and the NCAA.

It is the responsibility of each student-athlete, coach, or administrator to report any alleged violation of this Code of Conduct or an Academy or NCAA policy as it relates to the operation and conduct of the Intercollegiate Athletics Department programs. If a violation of this Code occurs, there are many forms of penalties, including reprimand, suspension and separation from the team.

Any activities that violate institutional, team, conference and/or NCAA policies are inappropriate and may subject the student-athlete to possible disciplinary action by the institution. Any activity that may cast the institution, department or program in a negative light may be grounds for disciplinary action by the institution. Any student found responsible for Honor Code violations by the Honor Board are subject to additional institutional sanctions administered by the Director of Athletics, up to and including temporary or permanent removal from a team.

Any suspension administered by the Director of Athletics is done so on the authority of, and only after a review by the Vice President of Student Affairs and Enrollment Management (Athletics Direct Report). Such suspensions are deemed institutional, and may impact future eligibility if seeking a transfer.

**You Can Play**
Maine Maritime Academy’s athletic department operates on the principle of respect for others. Our teams and team spaces are safe and free from discrimination based on race, color, religion, national origin, age, homophobia or transphobia. Our athletes are judged on talent, heart and work ethic. If you can play, you can play at Maine Maritime.

**Team Guidelines**
In addition to the rules and policies outlined in this handbook, each team may have specific rules that pertain to its members. These rules may include required dress codes, stricter alcohol policies, and curfews. While every effort is made to provide accurate and current information, the Academy reserves the right to change, without notice, statements in this Student-Athlete Handbook. All student-athletes are responsible for knowing the rules and regulations spelled out in this handbook and will be required to sign an agreement to abide by the rules and regulations of the NCAA, NEFC, NAC, Maine Maritime Academy and its Department of Athletics prior to practicing or competing on an MMA team.
Eligibility for Intercollegiate Athletics

General Eligibility Requirements
To be eligible for participation in intercollegiate athletics practices and competition, a student-athlete must meet the requirements listed in each of the following areas:

Full-time Enrollment: Must be registered for a minimum of 12 credit hours at all times (withdrawing to below 12 credits will result in immediate ineligibility). You must see your coach or the athletics director before withdrawing from any class during the semester.

Good-Academic Standing: Must maintain good academic standing at MMA.

Satisfactory Progress: Must maintain satisfactory progress towards their degree. Satisfactory progress is maintained by being allowed to register and enrolling for 12 credits in each succeeding semester.

Four Seasons/10 Semester Rule: A student-athlete is allowed four seasons of participation in an intercollegiate sport. A student-athlete is charged with a season of competition if he/she appears for even one second in a contest or practices with a team after its first scheduled competition of the season. Student-athletes must complete their four seasons of eligibility during the first 10 semesters in which they are enrolled on a full-time basis.

NCAA Student-Athlete Statement & Drug-Testing Consent Form: Each student-athlete must read and sign the NCAA Student-Athlete Statement and Drug-Testing Consent forms administered by the athletics director. Maine Maritime Academy administers this for electronically through the NCAA.

Transfer Regulations: There may be a situation or circumstance for which a Maine Maritime Academy student-athlete would consider transferring to another institution. In such an instance, the student-athlete should discuss a transfer with his/her head coach before contacting or being contacted by another institution. NCAA rules require that another institution must request permission from Maine Maritime Academy before being able to contact a current Academy student-athlete.

In Division III, student-athletes contemplating a transfer are permitted to “self-release”, which allows the student-athlete to be contacted by the institutions that he/she issues the release to for a period of 30 days. After 30 days, a second release must be issued to continue dialog with the other institution, however, it should be noted that the other institution is required to inform Maine Maritime Academy once a second self-release is issued. A transfer guide and self-release form is available for download in the mission and compliance section of MarinerSports.org.

NCAA rules in some circumstances require a one-year residency at the new institution before an athlete is eligible to participate in athletics. In transfers from one Division III school to another Division III school, the residency requirement may be waived if the student-athlete would have been eligible to participate at the institution from which he/she was transferring.
Good Academic Standing Defined

The minimum cumulative grade point averages to remain in good academic standing and to assure continuance at the Academy are:

- For the first 18 credit hours attempted: 1.60
- For 19-36 credits attempted: 1.80
- For 37-54 credits attempted: 1.90
- Thereafter: a minimum of 2.00

In addition, each student must fulfill the required Academy and programmatic hours to demonstrate reasonable progress towards graduation as determined by the Academic Board. All undergraduate students must have at least a 2.00 grade point average and, if required by their major, a core course grade point average of 2.25, at the start of their fifth semester at the Academy in order to be considered as making satisfactory progress toward their degree. Students who do not meet these criteria will be classified as not making progress toward their degree.

In order for a student-athlete to be academically eligible for competition at Maine Maritime Academy, he or she must be enrolled full-time (minimum of 12 credit hours), be in good academic standing, and maintaining satisfactory progress towards his or her degree. To be considered "in good academic standing", the student-athlete must meet one of the above criteria: either his or her overall Cumulative GPA exceeds the minimum requirements, or the student must meet or exceed the minimum requirements in the semester prior to his or her season of competition.

All student-athletes’ eligibility will be verified prior to the start of each semester.

In some cases a student may have faced unique and/or difficult circumstances, which played a role in not meeting either requirement. Students who fail to meet either requirement may appeal. They must submit a letter to the Director of Athletics 1) outlining the issues; 2) addressing why remaining a member of an intercollegiate team will be beneficial to their development; and 3) how this involvement will aid in their academic success. If the appeal is approved by the Director of Athletics, the appeal is then sent to the Academic Dean for final review. The Academic Dean can approve or deny this appeal.

Title IX Coordinator

Dr. Elizabeth True is the Title IX Coordinator at Maine Maritime Academy where she also serves as Vice President for Student Affairs and Enrollment Management. She has served as coordinator since 2014. In addition to 30 years of progressively responsible experience supervising all departments in Student Services, True is actively involved in her professional organization, NASPA, which provides extensive training in Title IX Compliance. Dr. True meets with all new students during Orientation to conduct Title IX training. Dr. True’s office is located on the second floor of Leavitt Hall. Her email is elizabeth.true@mma.edu. Her phone number is 207.326.0159.
Student-Athlete Expectations

Sportsmanship and Ethical Conduct

The NCAA Sportsmanship and Ethical Conduct Committee has developed the following definitions for sportsmanship and ethical conduct: Sportsmanship is a set of behaviors to be exhibited by student-athletes, coaches, game officials, administrators and fans in athletics competition. These behaviors are based on values, especially respect and integrity.

Ethical conduct is a set of guiding principles with which each person follows the letter and spirit of the rules. Such conduct reflects a higher standard than law because it includes, among other principles, fundamental values that define sportsmanship.

Sportsmanship is one of 16 defining principles of the Association:

NCAA Bylaw 2.4 - The Principles of Sportsmanship and Ethical Conduct.

For intercollegiate athletics to promote the character development of participants, to enhance the integrity of higher education and to promote civility in society, student-athletes, coaches, and all others associated with these athletics programs and events should adhere to such fundamental values as respect, fairness, civility, honesty and responsibility. These values should be manifest not only in athletics participation but also in the broad spectrum of activities affecting the athletics program. It is the responsibility of each institution to:

(a) Establish policies for sportsmanship and ethical conduct in intercollegiate athletics consistent with the educational mission and goals of the institution; and

(b) Educate, on a continuing basis, all constituencies about the policies in Constitution 2.4-(a).

Maine Maritime Academy’s Position on Sportsmanship

As noted in the student-athletes’ responsibilities in the department’s guiding principles, our students will respect their sport and the Academy by demonstrating respect for all coaches, teammates, opponents, officials and fans. As ambassadors of the Academy, our students will remain mindful of all that they represent during competitions and all travel associated with competition. They will demonstrate their commitment to this principle when attending contests involving other teams, and demand the same commitment of their friends and family attending their own contests.

Our focus on sporting behavior is based upon respect for the game and all involved. There are few things in the world that we can have complete control over. How we choose to act is one of them. Every instance of unsporting behavior is a failure of self-control and is disrespectful of the game, your teammates, the Academy and its alumni. Officials will make calls you disagree with. You cannot control the calls, but you can control how you act. Be sure you act appropriately. Opponents may talk trash to you. You cannot control their actions, but you can control yours. Let your play speak for you. Fans may heckle you. You cannot control their behavior, but you can control yours. Rise above.

Sportsmanship extends to your attendance at all Maine Maritime Academy sporting events regardless of location. If you are attending the contest of another team, you will remain respectful of officials and
participants without exception. If you are surrounded by people that cannot model this behavior, correct them or separate yourselves from them.

As a spectator, you will be warned at your first deviance from this expectation. Upon your second warning, you will likely be removed from the contest, at which point you are also risking the incursion of an honor board violation for interfering with Academy business, or conduct unbecoming. You may also be subject to sanctions in accordance with the rules governed by conference, league or national governing organizations.

**Foreign Substances**

**Tobacco**
The use of tobacco products is strictly prohibited by NCAA regulations:
- at practice
- during competition
- traveling to and returning from contests
- in any on-campus athletic facility

A student-athlete who violates these regulations during a practice or competition shall be disqualified for the remainder of that practice or competition.

In addition to the NCAA having a zero-tolerance policy for tobacco use, the Academy is transitioning into a tobacco-free campus with a year of voluntary compliance in 2016-2017 and mandatory compliance for the 2017-2018 academic year. Beyond jeopardizing your status as a student-athlete, the use of tobacco products will be deemed a violation of Academy policy and will result in discipline for offending students.

**Drug Testing Policy**
Maine Maritime Academy has a random, mandatory drug testing policy for all students. Please note that Heading 610 (Health and Safety), Section 6 (Release of Information) of the Academy Policy Manual, the Athletic Department will be notified if a student-athlete tests positive for a substance banned by NCAA. By NCAA rule, this violation will be self-reported and your eligibility may be compromised as a result. This policy was instituted to assure all Academy personnel, the NCAA, and all potential employers that MMA students are products of an environment which has zero tolerance for drug use and abuse.
Alcohol Violations
Reference: MMA Student Honor Code of Conduct and Responsibilities, page 5

Key components to KNOW and UNDERSTAND:
1. Per MMA regulations, students are prohibited from possessing, transporting, or consuming alcohol on campus. Refer to pages 5 & 6, Article 5B for a more thorough explanation of this policy.
2. In the state of Maine it is illegal for persons under the age of 21 to possess or consume alcohol.
3. In the state of Maine it is illegal to furnish alcohol to persons under the age of 21.
4. In the state of Maine it is illegal to consume or possess alcohol in an open container in public.

Maine Maritime Academy has a well-established Alcohol Policy which pertains to all students. Student-Athletes are subject to the provisions of the Academy’s Alcohol Policy. A separate, additional policy for student-athletes would subject all student-athletes to a double-jeopardy situation. The Director of Athletics is notified of the results from the campus Alcohol Board Hearings.

Athletic Department Philosophy on Alcohol Violations:
The Department of Athletics wishes to focus on the “teachable moment” which may exist for student-athletes who become involved with alcohol violations. The opportunity to further educate and counsel these individuals, will, in the opinion of the Athletic Staff, demonstrate genuine support and concern, and has the potential for positive behavior modification. Of utmost importance is the severity of the offense. Those cases which involve:

- Risk to self, others, property; or
- Harm to self, others or property will be treated with less tolerance.
- It must be understood that student-athletes will be held accountable and will be treated with a higher level of expectation because they represent the Academy and because, by nature, athletes become “public figures”.

Procedures:
- For a first offense, the student-athlete who is involved in an alcohol violation (MMA or Maine Law Enforcement Officials), will be required to meet with the Head Coach of their sport. Sanctions may or may not be administered on a case by case basis. The Director of Athletics will review all sanctions to ensure consistency.
- For any second offense, the student-athlete will meet with the Head Coach and the Director of Athletics. The Director of Athletics will have final authority concerning all sanctions administered.
- Academy policy calls for dismissal for students involved in a third offense

Alcohol Violations on Academy Sponsored Road Trips
Possession and/or consumption of alcohol by student-athletes is strictly forbidden on Academy-funded road trips. Student-athletes found consuming and/or possessing alcohol on Academy-funded road trips automatically forfeit their participation in 20 percent of their season in that particular sport at a minimum. Suspensions will begin at the time the violation is discovered. Additional sanctions will be reviewed on a case-by-case basis. Coaches, in conjunction with the Director of Athletics, may exceed this standard, including the removal of an offending student-athlete from the team. In the event that 20 percent does not equal a whole number, the number of contests missed will be rounded up to the next
whole number (for instance, 20 percent of a 17-game schedule is 3.4. An offending student in that scenario would miss four full games).

**Hazing**
Maine Maritime Academy and the Department of Athletics maintains a zero-tolerance policy as it relates to hazing.

**What is Hazing?**
- Maine Hazing Law - "Injurious hazing" means any action or situation which recklessly or intentionally endangers the mental or physical health of a student enrolled at an institution in this State.
- Refers to any activity expected of someone joining a group (or to maintain full status in a group) that humiliates, degrades or risks emotional and/or physical harm, regardless of the person’s willingness to participate.
- Three types of hazing: Subtle, Harassment, and Violent.

**Subtle Hazing**
Behaviors that emphasize a power imbalance between new members and established members of a group or team. These types of hazing are often taken-for-granted or accepted as harmless or meaningless. This type of hazing involves activities or attitudes that place new members on the receiving end of ridicule, embarrassment, or humiliation.
- Deception
- Assigning demerits
- Socially isolating new members
- Expecting certain items to always be in one’s possession

**Harassment Hazing**
Behaviors that cause emotional anguish or physical discomfort in order to feel like part of the group. Harassment hazing confuses, frustrates and causes undue stress on new members.
- Verbal abuse
- Expecting new members to perform personal services to other members
- Sleep deprivation
- Expecting new members to be deprived of maintaining a normal schedule of bodily cleanliness

**Violent Hazing**
Behaviors that have the potential to cause physical and/or emotional, or psychological harm.
- Forced or coerced alcohol or other drug consumption
- Beating, paddling, or other forms of assault
- Public nudity
- Abductions/kidnaps

**The Role of Coaches in Hazing Awareness and Prevention**
- Your attitude and willingness to address hazing will be a major factor in its prevention on your team!
- Understand the reasons why hazing happens!
- Know the differences between what hazing really does versus what your student-athletes believe it does!
- Send an appropriate anti-hazing message that spells out the consequences for non-compliance!
• Your policies need to be communicated, distributed in writing, and enforced openly if an incident occurs!
• Your anti-hazing program must start during the recruiting process, and needs to be emphasized all year long.
• Be sure that everything you do contributes to an environment of civility, respect and dignity for everyone!
• Take an emphatic position about treating everyone with total respect at all times from the moment they set foot on your campus, starting with recruiting. This message needs to be heard by all team members, frequently!
• Conduct open discussions to help you understand your team’s views and activities. Alumni sources may be willing to elaborate! Confirm that any alumni you engage in programming fully understand hazing issues so that they do not perpetuate harmful traditions.
• Avoid addressing new team members using power terms such as “rookie.” This says to the new player, “You’re not the same as everyone else!” Avoid any other words or actions that create division between your veterans and new players.
• Address the issue of hazing annually and consistently, and put your team rules in writing. It is a “must” conversation for you and your team, regardless of how uncomfortable it may be. Spell out the consequences for non-compliance and what your expectations are for your team members toward each other on and off the field of play!
• Involve your team in discussions about this issue and dispel the myths they believe about hazing! Students believe that there is a clear and distinctive difference between someone being “forced or seriously pressured” to participate, versus someone who volunteers. They believe if there is no force, it is not hazing! They need to know that passive participation can make one a contributor! And that “consent” does not rule out hazing.
• Explain that hazing occurs when there is an expectation, whether implicit or explicit, that to be accepted or part of the group, student-athletes must participate in the activity. An expectation can subtly coerce athletes to do things they would not normally do.
• Ensure that your team is involved with establishing the policies and procedures that deal with this issue. They need to take ownership of the definitions.
• Reinforce the message that what counts most is your players’ work and dedication. The desire to be on your team renders the new athlete powerless when confronted by an upper class teammate. New students will take the path of least resistance. They need to hear you talk about demonstrating a positive attitude, having the initiative to do what is needed, and displaying a strong work ethic. The coach is the determining factor on who makes the team and who plays, not their teammates. They need to be told to walk away from any hazing and know that you will support their actions!
• Help your team develop positive traditions that are significant and meaningful and that contribute to their bonding and coming together as a group. This important strategy will help reduce the temptation to use hazing as a means of team bonding.
• Support leadership training for your captains and define your expectations for their role within the team. Be sure that you have the right person to step up to that responsibility, even if it means you make the captain an appointed position. Other than yourself, the captain will be the most significant person in the prevention of hazing within your team!
• Talk about what it is you expect from your athletes besides what you get on the field. You expect to build character — what does it mean? You expect a sense of good values — what are they? Demonstrate in your own actions that caring about one another may be the most valued characteristic you may want them to acquire. It doesn’t happen if you don’t care or talk about it!
• Accept this responsibility as part of your job. Hazing incidents that end in tragedy or a lawsuit can ruin the careers of athletes and coaches! One hour at the start of each season on hazing prevention could prevent a reason of disaster. Be emphatic, be patient, but be persistent in your attempt to erase this kind of activity from athletics and all of our campuses.
• Take all of the above SERIOUSLY!
• For more information about the above hazing information please visit: http://ncaa.org/wps/wcm/connect/74b5a8804e0db159a9fdf91ad6fc8b25/hazinghandbook0108.pdf?MOD=AJPERES&CACHEID=74b5a8804e0db159a9fdf91ad6fc8b25

Gambling
Maine Maritime Academy and the NCAA is proud of you for becoming a college student-athlete. It is proud of our country’s long tradition of college sports. It wants to protect your bright future and the integrity of sports. That’s why NCAA rules prohibit sports gambling of any kind by college student-athletes, coaches, trainers or anyone else involved with college sports.

As a college student-athlete, you must follow the rules of the NCAA. One of the rules, NCAA Bylaw 10.3, specifically prohibits sports gambling.

In clear, simple language, here’s what the rule means:
You may not place any bet of any sort on any college or professional sports event.
You may not give information to anyone who does place bets on college or professional sports.

That means...
• NO wagers for any item (e.g., cash, shirt, dinner) on ANY professional or college sports event, even those that don’t involve your college.
• NO sports “pools,” even those run by your friends in the dorm.
• NO Internet gambling on sports events.
• NO fantasy leagues that award a prize and require a fee to participate.
• NO sports wagering using “800” numbers.
• NO exchange of information about your team with ANYONE who gambles. In other words, no information about injuries, new plays, team morale, discipline problems, or anything else.
NCAA rules are clear. The minute you are discovered to have made a bet of any kind on any college or professional sport...
• You are declared ineligible to compete in college sports. You are off the team.
• If you accept or place a bet on any college or professional team other than your own, you will automatically be suspended for a minimum of one year and be charged with a season of competition.
• If you accept or place a bet on any team at your school, you will be permanently ineligible. You risk losing your sports scholarship, being expelled from the school altogether, and/or being banned from other college and professional sports.
• You also run the risk of being arrested and charged with a crime. That’s because sports wagering is illegal in every state except Nevada. Sports bribery is illegal in every state. And even in Nevada, it is against NCAA rules for a student-athlete to make any wager on a sports event.
**Boosters & Benefits**

Receipt by a student-athlete of an award, benefit or expense allowance not authorized by NCAA legislation renders the student-athlete ineligible to compete while representing the institution in the sport for which the improper award, benefit or expense was received. If the student-athlete receives an extra benefit not authorized by NCAA legislation or an improper award or expense allowance in conjunction with competition that involves the use of overall athletics skill (e.g., “superstars” competition), the individual is ineligible in all sports.

An extra benefit is any special arrangement by an institutional employee or athletics representative to provide a student-athlete (or his/her relatives, guardian or friends) a benefit not expressly authorized by NCAA legislation.

A booster or representative of Maine Maritime Academy’s athletic interests should never offer, nor should a Maine Maritime Academy student-athlete accept:

- Cash or loans in any amount
- Co-signing or arranging a loan
- Gifts or free services (e.g., airline tickets, cash or crowdsourced funds*, restaurant meals)
- Use of an automobile
- Rent free or reduced cost housing
- Money for, or a guarantee of, bail or bond
- Employment of a student-athlete at a higher rate than the wages paid for similar work
- Payment to a student-athlete for work not performed
- Transportation (aside from transportation related to an occasional home meal)
- Tickets to an athletics, institutional or community event
- Financial aid for a post-graduate education
- Promise of employment after college graduation
- Invitations to your home or summer home for purposes other than an occasional meal

* If you

**Team Travel**

For safety and liability reasons, all student-athletes must travel with their team as a member of the “official travel party.” Remember:

- Team members must travel to the site of competition and return to campus with their team travel party. When rare exceptions due to extenuating circumstances are made in advance with the Head Coach, a signed Wavier Form is required.
- Student-Athletes are not permitted to self-transport to athletic contests. Rare exceptions may be permitted when there is a legitimate academic conflict involved. Students in this circumstance should address the conflict as far in advance as possible with their coach and Director of Athletics. The Director of Athletics will work with the V.P. of Student Affairs and Enrollment Management along with Maine Risk Management in order to determine if the waiver is acceptable.
- Under no circumstances should student-athletes leave the team hotel without the knowledge and permission of the Head Coach.
• Either team travel gear or clean, neat, appropriate clothing should be worn while traveling with your team. No jeans or flip-flops. Gentlemen: a reminder to remove hats or caps when entering a building.
• Please remember to leave your bus/van clean when you return to campus after an away contest.

Our student-athletes dedicate their time and energy to the Academy. That effort will be met with a proper place for rest at home or on the road. General lodging guidelines for travel are:

• The Academy is committed to providing one bed per traveling athlete.
  o Couches/Sofas in suites are not considered a bed.
  o A sofa bed is considered a bed.
  o Roll-away beds are only permitted when there is an odd number in the travel party.

**Inter-Team and Intra-Team Dating**

On coed, single-gender teams, and on teams of the same sport that travel together, the possibility of Maine Maritime Academy’s student-athletes dating one another exists. Teammates, Coaches and administrators are expected to treat dating student-athletes, in either opposite-sex or same-sex relationships, in the same manner. Working under current best practices from the NCAA, our expectations are clear for student-athletes, coaches, and administrators. The following expectations mirror what would be expected in professional setting, and should be followed at any time that is considered the team’s time:

• No PDAs (Public Displays of Affection): This includes hand-holding, kissing, hugging.
• Don’t Be Exclusive: Sit with other teammates on the bus, eat with other teammates, share hotel rooms with other teammates, and sit with other teammates in team meetings.
• Respect Team Space: Avoid drama on team time. Leave relationship conflict at the locker room door. Resolve relationship issues on your own time, not the team’s time.
• If you need help resolving a relationship issue with a teammate or teammates, dating or otherwise, ask for counseling assistance.

As with all policy pertaining to student-athlete behavioral expectations, failure to abide by departmental policy will be met with consequence. Repeated violations may jeopardize playing time or status as a member of the team.

**Social Media Guidelines**

Please, think before you Tweet, post on Facebook or Instagram. **POSTS CAN HAVE CONSEQUENCES!** Remember, once a social media post is online, it can be found online forever.

Privacy settings can easily be overridden.

• **DO:** Be positive, supportive, and professional. You are representing more than just yourself as a student-athlete on social media. You are representing your team, the athletic department and Maine Maritime Academy.
- **DO:** Share your excitement about Mariners Athletics. Celebrate your victories and the accomplishments of your teams and all Mariners Sports teams.
- **DON'T** be critical of officials, coaches, Maine Maritime Academy, opponents or fans.
- **DON'T** give opponents “bulletin board material”.
- **DON'T** discuss internal policies, coaching decisions, tactics, etc.
- **DON'T** post anything that could be deemed confidential or sensitive.
- **DON'T** disclose any injury information about yourself or others.
- **DON'T** mention recruits, don’t contact recruits on social media sites.
- **DON'T** post under the influence. Be in your right mind when you post.
- **DON'T** post anything racial or sexual or that could be deemed as harassing. You may think that it’s funny, but it could be offensive to someone else.

**IF YOU HAVE TO ASK:** “IS THIS APPROPRIATE TO SHARE ONLINE?” **DON'T PUT IT ONLINE.**

*If you have any questions about social media or Maine Maritime Academy Athletics social media, please contact Maine Maritime Academy’s Athletic Communications Coordinator, Riana Sidelinger at riana.sidelinger@mma.edu*

**Student-Athlete Services**

**Student-Athlete Advisory Committee (SAAC)**
The Student-Athlete Advisory Committee (SAAC) is a committee made up of student-athletes assembled to provide insight on the student-athlete experience. The SAAC also offers input on the rules, regulations and policies that affect student-athletes’ lives on NCAA member institution campuses. The SAAC also works with members of the faculty to make sure that the student-athletes are not given special treatment, rather to the benefit or the detriment of the individual athlete.

Presently, there are separate national SAACs for NCAA Divisions I, II and III. NCAA legislation mandates that all member institutions have SAACs on their respective campuses. Further, NCAA legislation requires that all member conferences have SAACs.

**The SAAC...**
- Meets periodically to discuss concerns, needs & ideas, and to gather input from student-athletes.
- Executive committee consists of President, Vice President, Secretary, and Treasurer.

**Athletic Training Services**

In order to comply with NCAA rules, all student-athletes must complete a pre-participation screening form in order to ensure eligibility for participation. A pre-participation screening form review will be conducted by staff athletic trainers prior to the beginning of each athletic season. First-year athletes are required to complete a comprehensive evaluation form, while returning athletes complete a shorter, update form. Incoming and transfer student-athletes must have a physical completed six (6) months prior to competing in their chosen sport. When an athlete presents with a condition that is a potential disqualifier, the team physician will be consulted. The team physician’s determination of medical clearance or disqualification is final. Student-athletes may be required to submit further supporting
medical documentation (such as post-operative notes or physical therapy notes) in order to gain clearance. Athletes who fail to satisfy the criteria for clearance will be notified (as well as their team’s coach) as soon as possible.

Requirements for Participation Clearance include:
- Completed Pre-Participation Medical History Form
- Signed MMA Athletic Department Informed Risk Statement
- Current Insurance with Accidental Medical Coverage
- NCAA Disclosure of Protected Health Information Form
- Current copy of insurance card
- Sickle cell compliance
- ADD/ADHD exemption form if applicable
- Health Services Medical Clearance (required of all MMA students)

Until student-athletes completely and accurately fill out these forms, they will not be cleared for participation. Coaches cannot involve these students in ANY team related activities, such as practice, games, and/or strength and conditioning sessions.

The Academy’s team physician and/or the physician’s designated representative has the final responsibility for determining when a student-athlete will be allowed or withheld from participation due to an injury, illness, or pregnancy. Clearance for an individual is solely the responsibility of the team physician and/or the physician’s designated representative. Notes regarding clearance from Primary Care Physicians or outside specialists will receive due consideration, but are not a substitute for clearance from academy personnel.

**Equipment Services**
The Athletic Equipment Manager and is responsible for issuing all Maine Maritime Academy athletic equipment and uniforms.
- All issued equipment and uniforms are the property of Maine Maritime Academy. NCAA rules prohibit giving athletic equipment and/or uniforms to student-athletes to keep.
- All issued equipment and/or uniforms must be returned to the equipment room at the completion of the season. Student-athletes who fail to return equipment upon request will be charged full replacement costs for the item.
- All game uniforms are expected to be returned to the equipment room immediately upon completion of home contests. Head Coaches, in conjunction with the Equipment Manager, will determine the procedures for returning game uniforms after away contests.
- Athletes are not to alter or attempt to repair equipment on their own. The Equipment Manager is to make all adjustments and repairs for the athlete.

**Sports Information Services**
The Director of Sports Information is responsible for the compilation and reporting of statistical information as well as the department’s online presence through MarinerSports.org, the Stretch Internet Video Portal, and social media sites including Facebook, Instagram and Twitter. Athletes are asked to provide information for their biographical pages, including their names as they prefer them published. It is the responsibility of the student-athlete to provide this information in a timely manner. Any inaccuracies in biographical information should be reported, promptly and politely, to the Director
Athlete’s questions regarding the compilation of statistics should be directed to their head coach.