Dear Brandeis Student-Athlete,

Welcome to Brandeis University and Brandeis Athletics. During your time at Brandeis, we hope that you enjoy your athletic experience and that you have an opportunity to grow and learn from your fellow student-athletes, coaches, staff, faculty and alumni.

Being a member of a varsity team is a privilege. You were recruited for your talent and character and the expectation is that you always represent your teammates, coaches, athletic department and University in a positive manner. During your time on campus, we hope that you take advantage of the many opportunities that the University offers academically, athletically and socially, and at all times be mindful that you are now part of a program that values hard work, honesty, and inclusiveness.

The material in this handbook should be reviewed as it outlines Brandeis policies and NCAA regulations that are critical to your success on our campus.

I am excited to welcome you to the Brandeis Athletics family!

Go Judges!

Lynne Dempsey ’93
Director of Athletics, Physical Education and Recreation
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CAMPUS RESOURCES

Community Living:  https://www.brandeis.edu/dcl/

Confidential Resources:  https://www.brandeis.edu/preventionservices/resources/index.html

Counseling Center (BCC):  http://www.brandeis.edu/counseling/

Dean of Student Life:  https://www.brandeis.edu/studentlife/deansoffice/

Diversity, Equity and Inclusion:  http://www.brandeis.edu/diversity/

Health Center:  http://www.brandeis.edu/health/

Hiatt Career Center:  https://www.brandeis.edu/hiatt/

Intercultural Center:  http://www.brandeis.edu/studentlife/icc/

Multifaith Chaplaincy:  http://www.brandeis.edu/studentlife/chaplaincy/index.html

Campus Police/Public Safety:  http://www.brandeis.edu/publicsafety/police/index.html

Prevention Services:  http://www.brandeis.edu/preventionservices/index.html

Rape Crisis Center (RCC):  http://www.brandeis.edu/rcc/

Sodexo/Dining Services:  https://brandeis.sodexomyway.com/

Student Financial Services:  http://www.brandeis.edu/student-financial-services/
DEPARTMENT OF ATHLETICS PHILOSOPHY

Provide an opportunity for students to challenge themselves athletically while learning the values of discipline, leadership, resilience and respect. Brandeis Athletics strives to develop the physical, emotional and social growth of our student-athletes by encouraging them to live a well-balanced life, develop confidence, extend themselves into the Brandeis community and look to make a difference on our campus and beyond.

NCAA 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 athletics 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. To achieve this end, Division III institutions:

1. Expect that institutional presidents and chancellors have the ultimate responsibility and final authority for the conduct of the intercollegiate athletics program at the institutional, conference and national governance levels;
2. Place special importance on the impact of athletics on the participants rather than on the spectators and place greater emphasis on the internal constituency (e.g., students, alumni, institutional personnel) than on the general public and its entertainment needs;
3. Shall not award financial aid to any student on the basis of athletics leadership, ability, participation or performance;
4. Primarily focus on intercollegiate athletics as a four-year, undergraduate experience;
5. Encourage the development of sportsmanship and positive societal attitudes in all constituents, including student-athletes, coaches, administrative personnel and spectators;
6. Encourage participation by maximizing the number and variety of sport offerings for their students through broad-based athletics programs;
7. Assure that the actions of coaches and administrators exhibit fairness, openness and honesty in their relationships with student-athletes;
8. Assure that athletics participants are not treated differently from other members of the student body;
9. Assure that student-athletes are supported in their efforts to meaningfully participate in non-athletic pursuits to enhance their overall educational experience;
10. Assure that athletics programs support the institution’s educational mission by financing, staffing and controlling the programs through the same general procedures
as other departments of the institution. Further, the administration of an institution’s athletics program (e.g., hiring, compensation, professional development, certification of coaches) should be integrated into the campus culture and educational mission;

11. Assure that athletics recruitment complies with established institutional policies and procedures applicable to the admission process;

12. Exercise institutional and/or conference autonomy in the establishment of initial and continuing eligibility standards for student-athletes;

13. Assure that academic performance of student-athletes is, at a minimum, consistent with that of the general student body;

14. Assure that admission policies for student-athletes comply with policies and procedures applicable to the general student body;

15. Provide equitable athletics opportunities for males and females and give equal emphasis to men’s and women’s sports;

16. Support ethnic and gender diversity for all constituents;

17. Give primary emphasis to regional in-season competition and conference championships; and

18. Support student-athletes in their efforts to reach high levels of athletics performance, which may include opportunities for participation in national championships, by providing all teams with adequate facilities, competent coaching and appropriate competitive opportunities.

The purpose of the NCAA is to assist its members in developing the basis for consistent, equitable competition while minimizing infringement on the freedom of individual institutions to determine their own special objectives and programs. The above statement articulates principles that represent a commitment to Division III membership and shall serve as a guide for the preparation of legislation by the division and for planning and implementation of programs by institutions and conferences.

**UAA PHILOSOPHY STATEMENT**

The following statement of philosophy outlined the conceptual framework of the University Athletic Association at the time of its formation in June of 1986 and remains the cornerstone of its mission today.

"For some time, there has been a growing concern among many college administrators over the direction of college athletics. There is a need for a collective public statement as to what college athletics can be - indeed, what college athletics is in the majority of colleges and universities today.

The institutions of the University Athletic Association (UAA) believe the time has come to make the strongest possible statement that intercollegiate athletics have a proper role in our colleges and universities, that this role must subsume the athletic enterprise to the academic missions of institutions of higher education and that standards of moral and ethical behavior in the conduct
of intercollegiate athletics must be unequivocally articulated and followed. By their association, the institutions of the UAA are committed to act in concert to reaffirm these beliefs.

The founding members of the UAA are Brandeis University · Boston; Carnegie Mellon University · Pittsburgh; Case Western Reserve University · Cleveland; Emory University · Atlanta; Johns Hopkins University · Baltimore; New York University; the University of Chicago; the University of Rochester; and Washington University in St. Louis.

The participants in this association are private, research institutions in major metropolitan areas, who are committed to the NCAA Division III philosophy. They are similar institutions in many ways. They are research universities with several undergraduate programs and divisions as well as graduate and professional programs. Their academic programs are among the best in the country. Their undergraduate populations are also similar.

Although these institutions do not share a common history or saga, they do share a somewhat similar pattern in their historical development. In their beginnings, they rose from unique educational missions peculiar in many ways to the needs of their local metropolitan areas and founding constituencies. During their early years, they developed reputations in their regions as respected institutions, and more recently, they have gained greater national prominence.

Over the last few years, these schools have also shown a greater commitment to raising the quality of undergraduate life on the campuses to a level comparable to the quality of the academic experiences available to their students.

UAA members also share the belief that academic excellence and athletic excellence are not mutually exclusive. Implicit in this belief are several sets of assumptions. The first is that the academic enterprise is the primary element. Student-athletes are just that - students first and athletes second. In practice, this means that institutions will not admit athletes with standards separate from the standards for the aggregate pool of applicants. Similarly, institutional policies regarding financial aid, academic progress, student services and the like for athletes will be reflective of policies for all students.

The second set of assumptions has to do with athletic excellence. Athletic excellence is not to be confused with a win-at-all-costs attitude, but properly relates to the caliber of experience offered to students who participate in intercollegiate athletics. Athletic teams should have the benefit of qualified coaching - capable individuals chosen for professional competence and commitment to putting the welfare of the student first. They should play and practice in first-rate facilities at reasonable times. Their equipment should be safe, of high quality, and conducive to the best performance possible. A consistent and challenging level of athletic competition should be provided for both men and women.

The final assumptions concern what might be termed a proper athletic emphasis. Athletic programs are not considered income centers, nor are they public entertainment. They are extracurricular activities for students and should be given consideration similar to other such institutionally sponsored activities. Their quality should complement the academic experience. Their quality should reflect the quality of the academic environment within which they exist. Division III is an approach to athletics - not a synonym for third-rate.
The members of the University Athletic Association believe that the UAA can become a focal point for improving morale and a sense of community among students, faculty, staff, alumni and others. The support directed to the student-athletes in their endeavors, while central to this effort, can benefit all students, particularly if one of its driving forces is the desire to improve the quality of student life in all its aspects.

The University Athletic Association is a statement of what college athletics can and should be. The provision of a quality college athletic experience is worth the expense required of an institution. It is worthwhile first because it benefits the student-athletes, but also because it benefits the entire campus community and, in turn, the institution itself. Further, the success of college athletics is wholly dependent upon institutional integrity and the ability of institutions to complete the full integration athletics into the academic fabric of higher education."

**UAA STATEMENT ON SPORTSMANSHIP**

The **University Athletic Association** is committed to excellence as manifested in an atmosphere of sportsmanship and fair play.

- Sportsmanship is about demonstrating respect for opposing teams, coaches and fans, as well as officials.
- Competition and sportsmanship are not mutually exclusive...they are compatible and complementary goals.
- Sportsmanship is everyone’s responsibility.

In a unified effort to promote respect for student-athletes, coaches, and officials in intercollegiate athletics, the Division III Commissioners Association in partnership with the Division III Student-Athlete Advisory Committee encourages all institutions and conferences as well as all student-athletes, coaches, and fans to pledge their commitment to our campaign to build positive spirit in the stands throughout Division III. The more who join, the stronger our impact will be.
BRANDEIS UNIVERSITY GUIDELINES

DIVERSITY AND INCLUSION

Brandeis University seeks to build a community based upon mutual understanding and consideration. Our work reflects our commitment to upholding the core values of:

- **Citizenship** Every individual has a vested interest in the well-being of the community, and, therefore, an obligation to stay informed, to make positive contributions, and to offer assistance to those who need our help.
- **Integrity** Every person is responsible for the consequences of his or her own actions, and our community is stronger when we contemplate the context of our decisions, and uphold the principles of sincerity, trust, and honesty.
- **Respect** Our community is one in which care and concern for ourselves and one another are of paramount importance, and our words and deeds reflect our appreciation for theory and practice, institutions and individuals, tradition and innovation.
- ** Civility** Regardless of difference in opinion or background, our conduct must demonstrate courtesy and compassion, and reflect our recognition of the dignity of every human being.
- **Lifelong Learning** Each of us is both teacher and student; we regard each moment as an opportunity to share a learning experience with others, and we accept challenges for the advancement of the community as a whole.
- **Embracing Diversity** Because our lives are richer the more we are exposed to a full range of people and experiences, we celebrate human diversity, and strive for the broadest representation of perspectives in all that we do.

HARASSMENT AND DISCRIMINATION

Brandeis University is committed to providing its students, faculty, and staff with an environment conducive to learning and working, where all people are treated with respect and dignity. Toward that end, it is essential that Brandeis be free from discrimination and harassment on the basis of race, color, ancestry, religious creed, gender identity and expression, national or ethnic origin, sex or sexual orientation, age, genetic information, disability, veteran status, or any category that is now or comes to be, protected by law.

It is the University’s responsibility to help prevent harassment and discrimination from occurring, to pursue concerns of which it is aware, to objectively investigate such concerns, and to take immediate and appropriate action to remedy issues of harassment and discrimination. Brandeis
takes this responsibility seriously. Therefore, violations of this policy will not be tolerated and may result in corrective actions up to and including dismissal from school.

Harassment is a form of discrimination and will not be tolerated. It is regarded as harassment when the conduct has the purpose or effect of unreasonably interfering with a person’s education or work performance by creating an intimidating, hostile, or offensive environment in which to work, study or live or otherwise adversely affects a person’s employment or educational opportunities. These may include, but are not limited to, hiring, firing, salary increases, promotions, grades, recommendations, scholarly or teaching opportunities, or participation in extracurricular activities and student organizations.

**SEXUAL MISCONDUCT**

Brandeis University is committed to providing an atmosphere in which all students can live and study in an environment free from harassment and violence. The university takes all allegations of sexual misconduct seriously, and we want to work proactively as a community to address misconduct and prevent future cases of sexual violence.

Brandeis University is also committed to assisting victims/survivors of sexual misconduct through various available support services. A resource guide for sexual assault survivors can be found at [here](#). This guide outlines community resources, how to file a complaint and the adjudication process. Support services (interim measures) for victims/survivors of sexual misconduct are available.

These interim measures are available to provide for the safety of the complainant and the campus community during the investigation of a complaint. Support services are available to a complainant even if they do not file or continue to pursue a complaint. Mediation will not be used as a means to address or resolve cases of sexual assault or other gender-based violence. A complainant of sexual violence should also know that they have the option to file criminal charges against the alleged perpetrator. The university will always respond to complaints, reports, allegations and information about sexual misconduct.

At Brandeis, we believe that victims/survivors have the ability to decide whether or not they wish to be involved in any of the university’s processes to address sexual misconduct. We will uphold the privacy and confidentiality of all parties to the extent practicable. Some individuals filing complaints or involved in an investigation may want their identity to remain confidential. In some instances, the respondent can be spoken to without the complainant being identified. In other cases, requests for confidentiality must be balanced against the university’s need to investigate and take appropriate action. While discretion remains important, parties are not restricted from discussing and sharing information relating to their complaints with others who may support them or assist them in presenting their case.
The University will not tolerate behaviors that endanger the health, safety, or welfare of any person, on or off campus. Owing to the seriousness of any integrity or personal rights accusations and accompanying issues that may impact the Brandeis community, any student accused of being involved in such an incident may be subject to campus restriction, emergency suspension, or other University action as soon as the accusation is known to the University administrators and pending the outcome of any formal or informal adjudication.

The university’s student code of conduct, “Rights and Responsibilities,” describes a wide spectrum of verbal and physical behaviors that are considered sexual misconduct. In cases where allegations of sexual misconduct align with policy violations enumerated within “Rights and Responsibilities,” the Special Examiner’s Process (SEP) will be used to investigate and adjudicate the case. The current edition of “Rights and Responsibilities” is posted on the website for the Department of Student Rights and Community Standards here.

HAZING AND MASSACHUSETTS LAW

Brandeis University prohibits hazing. Massachusetts State Law defines hazing in the following manner. Whoever is a principal organizer or participant in the crime of hazing, as defined herein, shall be punished by a fine of not more than three thousand dollars or by imprisonment in a house of correction for not more than one year, or both such fine and imprisonment.

The term "hazing" as used in this section and in sections eighteen and nineteen, shall mean any conduct or method of initiation into any student organization, whether on public or private property, which wilfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to the weather, forced consumption of any food, liquor, beverage, drug or other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such student or other person, or which subjects such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation.

Notwithstanding any other provisions of this section to the contrary, consent shall not be available as a defense to any prosecution under this action.

Whoever knows that another person is the victim of hazing as defined in section seventeen and is at the scene of such crime shall, to the extent that such person can do so without danger or peril to himself or others, report such crime to an appropriate law enforcement official as soon as reasonably practicable. Whoever fails to report such crime shall be punished by a fine of not more than one thousand dollars.

Each institution of secondary education and each public and private institution of postsecondary education shall issue to every student group, student team or student organization which is part of such institution or is recognized by the institution or permitted by the institution to use its name or facilities or is known by the institution to exist as an unaffiliated student group, student team or student organization, a copy of this section and sections seventeen and eighteen;
provided, however, that an institution’s compliance with this section’s requirements that an institution issue copies of this section and sections seventeen and eighteen to unaffiliated student groups, teams or organizations shall not constitute evidence of the institution’s recognition or endorsement of said unaffiliated student groups, teams or organizations.

Each such group, team or organization shall distribute a copy of this section and sections seventeen and eighteen to each of its members, plebes, pledges or applicants for membership. It shall be the duty of each such group, team or organization, acting through its designated officer, to deliver annually, to the institution an attested acknowledgement stating that such group, team or organization has received a copy of this section and said sections seventeen and eighteen, that each of its members, plebes, pledges, or applicants has received a copy of sections seventeen and eighteen, and that such group, team or organization understands and agrees to comply with the provisions of this section and sections seventeen and eighteen.

Each institution of secondary education and each public or private institution of postsecondary education shall, at least annually, before or at the start of enrollment, deliver to each person who enrolls as a full time student in such institution a copy of this section and sections seventeen and eighteen.

Each institution of secondary education and each public or private institution of postsecondary education shall file, at least annually, a report with the board of higher education and in the case of secondary institutions, the board of education, certifying that such institution has complied with its responsibility to inform student groups, teams or organizations and to notify each full time student enrolled by it of the provisions of this section and sections seventeen and eighteen and also certifying that said institution has adopted a disciplinary policy with regard to the organizers and participants of hazing, and that such policy has been set forth with appropriate emphasis in the student handbook or similar means of communicating the institution’s policies to its students. The board of higher education and, in the case of secondary institutions, the board of education shall promulgate regulations governing the content and frequency of such reports, and shall forthwith report to the attorney general any such institution which fails to make such report.
BRANDEIS ATHLETICS GUIDELINES

ACADEMIC REQUIREMENTS

Student-athletes will not receive preferential treatment with regard to class enrollment or attendance. Absence from class because of athletic competition does not excuse a student-athlete from any course work or requirements. All student-athletes will be provided with a letter, from the Director of Athletics, to be shared with their faculty at the beginning of each semester. Student-athletes should discuss any conflicts with their faculty members and notify them of any intended absences due to competition and travel. Many members of the Brandeis University faculty are supportive of varsity athletics and they are willing to work with you regarding accommodations, provided you reach out to them at the beginning of the semester with your competition schedule, identify potential conflicts, discuss options well in advance, and show respect towards your academic pursuits.

At the beginning of each semester, student-athletes should:
- Introduce themselves to all faculty members in person
- Identify themselves as a varsity student-athlete
- Provide the faculty member with their competition schedule and the letter from the Director of Athletics
- Inquire about what alternatives might be possible if there is a conflict
- Being a member of a varsity team does not excuse you from your academic commitments. All commitments are the responsibility of the student-athlete so it is imperative that you identify conflicts in advance and discuss with your faculty.

Student-athletes are not permitted to miss class for practice unless it is in conjunction with travel for competition. Student-athletes should notify their coach as soon as their schedule is confirmed for the semester, so that conflicts can be avoided whenever possible.

Should a situation arise, academic concerns will be reviewed on a case-by-case basis by the Director of Athletics, in consultation with the Vice President for Student Affairs.

POLICIES FOR HOSTING RECRUITS

On many occasions, varsity athletes are asked to host a prospective student-athlete overnight. The following Athletic Department policies apply to both the host and the prospective student-athlete:
- Alcohol consumption is prohibited. Avoid all parties and gatherings where alcohol is consumed or served.
- Do not leave a prospective student-athlete unaccompanied. They should be with you or a responsible member of your team at all times.
- Make sure your coach has your phone number, email address and campus address. If for some reason the name and location of the host changes, please notify your coach immediately.
- In case of emergency, notify your coach and/or University Police immediately.
- Hosting prospective students is an integral part of the recruiting process, and one that comes with a tremendous amount of responsibility.

**ALCOHOL**

The drinking age in the State of Massachusetts is 21, therefore, no student-athlete under the age of 21 shall be provided with or consume any alcoholic beverages. Teams representing Brandeis University are prohibited from the use or consumption of alcoholic beverages while on any university-sponsored trip.

**TRAVEL POLICY - PRIVATE VEHICLE**

Team travel is an opportunity for student-athletes and coaches to spend time together away from practice and competition. Athletes and coaches must travel to and from all away contests with the team unless permission has been granted in writing. If a team member wishes to leave the team for a return trip, the Brandeis Travel Release Form must be signed and submitted in advance.

The travel release form is mandatory for a student-athlete driving a private vehicle while on a University sponsored trip. This form must be on file prior to the date of the trip. Parental signature is required if the student-athlete is under the age of 18 on the date of the trip. If the student-athlete is 18 or older, this form must be signed by the student-athlete and the coach.

The student-athlete will not be considered as an official member of Brandeis University and the Department of Athletics varsity team while driving to/from the off-campus site. As a result, he/she will no longer be covered by the University Athletic Insurance during the time travelling to/from the event. By signing this form, the parent and student-athlete fully accept the responsibility for the safety and well-being of their son/daughter. No expenses will be reimbursed for transportation, and car-pooling is not allowed.
**TRAVEL POLICY - PARENT CARE**

The travel release waiver is mandatory for a student-athlete to be released to parent/guardian care while on a University sponsored trip. This signed form must be submitted prior to the trip. Parental signature is required on this form if the student-athlete is under the age of 18 on the date of the trip. If the student-athlete is 18 or older, this form must be signed by the student-athlete and coach.

By signing this form, the Department of Athletics and Brandeis University are released from any damages incurred while the student-athlete is under the care of my family. The family fully accepts responsibility for the safety and well-being of the student-athlete. The student-athletes accident/health/medical insurance will be in effect while I am away from the team and in the care of my family.

**SPORTS INFORMATION**

As a Brandeis University student-athlete, you are a representative of the University. The Athletic Department works with several offices on campus to increase awareness of varsity competitions, and provide an opportunity for students, faculty, staff and alumni to show their support for our program.

All student-athletes must complete a sports information questionnaire and pose for a photo to accompany their individual information that is listed on our team websites. Additionally, some student-athletes may be contacted by our Sports Information Director if there is an opportunity to be featured in an article.

If you are asked to participate in an interview, please consider the following suggestions:
- Dress appropriately in Brandeis Athletics gear
- Emphasize the positive aspects of Brandeis, your teammates and coaches
- If you are not comfortable with a question that is asked, politely decline to answer
- Thank the interviewer upon completion of the interview

Social media is part of the everyday life of a college student-athlete. If you are going to be an active participant on social media, please keep the following in mind.

- Every posting has the potential to become public. Even private Twitter accounts can be retweeted and they are then public.
- Before posting, you should consider that every coach, teammate, administrator, family member, friend, and prospective employer could potentially see the post.
- Group chats, message boards, closed groups, and other forums should only be used to convey positive and respectful information. Discussing sensitive or inappropriate topics is in direct conflict with the mission of the department and the University.

**SAAC - STUDENT ATHLETE ADVISORY COMMITTEE**

The mission of the Brandeis University Student-Athlete Advisory Committee (SAAC) is to:
- Create a sense of community and inclusion among student-athletes
- Promote awareness of our teams and programs on campus and beyond
- Serve as leaders on our campus

Each team is expected to have representation in SAAC. An Executive Committee is chosen each year to work directly with the SAAC Advisor and members of the Athletic Department. Please be in touch with your head coach or SAAC Advisor if you are interested in participating.

**RELIGIOUS HOLIDAY CONFLICTS**

Brandeis Athletics is committed to a diverse and inclusive student body and the variety of religions observed and practiced by students. Students who wish to participate in religious observances that conflict with their sport obligations should make arrangements with their coach well prior to the anticipated absence. Coaches will work closely with students in anticipating and resolving conflicts.

**MANDATORY STUDENT-ATHLETE FORMS**

All student-athletes are required to submit several University and NCAA forms before they are allowed to practice or compete. The following is a list of forms that must be completed and submitted each year, prior to participation.

- Anti Hazing Form
- Assumption of Risk Form
- NCAA Drug Testing Consent Form
- NCAA Banned Substance Form
- NCAA Student-Athlete Statement
- NCAA Summary of Regulations
- Health Insurance Portability and Accountability Act Form (HIPAA)
- Insurance Information Form
- Sickle Cell Information Form
- Sickle Cell Waiver
- Sports Medicine Questionnaire
- Sports Information Form
HEALTH & SAFETY

MEDICAL CLEARANCE

Student-Athletes are not permitted to participate in practice or competition until they have submitted all of their student-athlete forms, and they’ve received clearance from the Brandeis Sports Medicine Staff in conjunction with the Brandeis University Health Center physician. These policies apply to tryouts in both the traditional and non-traditional seasons.

SPORTS MEDICINE

The Brandeis University certified Athletic Trainers and Strength and Conditioning Coaches work in conjunction with the Brandeis University Health Center and other certified physicians to provide the highest quality sports medicine services to all varsity student-athletes.

The Athletic Training and Strength and Conditioning Staff will evaluate and treat any injury or illness that is directly related to intercollegiate practice or competition, including injuries or illness that are incurred during team travel, supervised practices, scheduled practices, or while conditioning for a particular sport during the NCAA defined playing and practice season. All acute injuries should be reported immediately to the Athletic Training Staff.

The Athletic Training and Strength and Conditioning Staff is committed to helping student-athletes maximize their potential while decreasing the risk of injury. In season, coaches will be the point of contact with the Athletic Training and Strength and Conditioning Staff. Out of season, team leaders will be the point of contact with the Athletic Training and Strength and Conditioning Staff.

INSURANCE REQUIREMENTS

Each year, all full and 3/4 time students must enroll in the qualifying School Health Plan (SHP) or waive the plan and report their own comparable health insurance coverage. This is required by Massachusetts Regulations to assure that students have adequate coverage. The school is required to offer a qualifying health plan known as the School Health Plan (SHP). Any students can purchase this plan which meets Massachusetts, Federal Affordable Care Act, and Visa requirements. All international students will be automatically enrolled in the school health plan. The SHP becomes your primary coverage plan and you are the subscriber. All other students can waive or enroll in the school brokered health plan.
INJURIES COVERED AND NOT COVERED

Brandeis Athletic Trainers will treat any injury or illness that is directly related to intercollegiate practice or competition, including injuries or illness that are incurred during team travel, supervised practices, scheduled practices, or while conditioning for a particular sport during the NCAA defined playing and practice season.

Brandeis will not and cannot cover any personal illnesses (at any time), diagnostic tests or surgery for pre-existing conditions, second opinions or treatment sought outside of the University without referral from the team physician, or accidents incurred by a student-athlete outside of the NCAA practice and competition season. This includes injuries incurred in high school, intersession, breaks in the academic calendar, and summer training.

INSURANCE POLICY CHANGES

If at any time during the school year there are changes in insurance coverage, the student-athlete must notify the Athletic Training Staff immediately. The policy holder must complete and sign a new insurance information form.

INSURANCE REQUIRING PRE-AUTHORIZATION

If the student-athlete’s insurance requires pre-authorization for any (outpatient/inpatient) services, the student-athlete or parents are responsible for obtaining this approval.
NCAA REGULATIONS

NCAA SEASON OF PARTICIPATION

A season of intercollegiate participation shall be counted in the student-athlete’s sport when a student-athlete participates (practices or competes) during or after the first contest in the traditional segment following the student-athlete’s initial participation of that academic year at that institution or when the student-athlete engages in intercollegiate competition during the nontraditional segment in that sport.

NCAA ELIGIBILITY

To be eligible to represent an institution 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 or equivalent degree. A waiver of the minimum full-time enrollment requirement may be granted for a student enrolled in the final term of the baccalaureate program (see Bylaw 14.1.8.1.6.1).

NCAA BANNED SUBSTANCES

A student-athlete who is found to have used a substance on the list of banned drug classes, as set forth in Bylaws 31.2.3.4 and 14.1.1.1, shall be declared ineligible for further participation in postseason and regular-season competition in accordance with the ineligibility provisions in Bylaw 18.4.1.5.1.

A student-athlete, who as a result of a drug test administered by the NCAA, is found to have used a substance on the list of banned drug classes shall be charged with the loss of competition during a minimum of one season of participation in all sports if the season of participation has not yet begun for that student-athlete or a minimum of the equivalent of competition during one full season of participation in all sports if the student-athlete tests positive during his or her season of participation (i.e., the remainder of contests in the current season and contests in the following season up to the period of time in which the student-athlete was declared ineligible during the previous year).

A student-athlete shall remain ineligible for all regular-season and postseason competition during the time period ending one calendar year (i.e., 365 days) after the collection of the student-athlete’s positive drug-test specimen and until the student-athlete tests negative (in accordance with the testing methods authorized by the Executive Committee). If the
student-athlete participates in any contests from the time of collection until the confirmation of the positive result, he or she must be withheld from an equal number of contests after the 365-day period of ineligibility. e student-athlete’s eligibility must be restored by the Committee on Student-Athlete Reinstatement.


Note: Any substance chemically related to these classes is also banned. 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 (i.e., Albuterol).

NCAA Nutritional/Dietary Supplements WARNING: Before consuming any nutritional/dietary supplement product, review the product with the appropriate or designated athletics department staff! 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 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.

Tobacco is a banned substance by the NCAA. Use of tobacco products is prohibited during practice or competition.

Any substance that is chemically related to one of the above classes, even if it is not listed as an example, is also banned. It is your responsibility to check with the appropriate or designated athletics staff before using any substance.

**NCAA MEDICAL HARDSHIP WAIVER**

A student-athlete may be granted an additional year of participation (per Bylaw 14.2.4) by the conference or the Committee on Student-Athlete Reinstatement for reasons of “hardship.” Hardship is defined as an incapacity resulting from a season-ending injury or illness that has occurred under all of the following conditions:

- The season-ending injury or illness occurs before the completion of the first half of the traditional playing season in that sport for the season being waived and results in incapacity to compete for the remainder of the traditional playing season. The first half of
the traditional playing season is measured by the maximum contest or date of competition (whichever is applicable to that sport) limitation in each sport as set forth in Bylaw 17 plus one contest or date of competition. For cross country and indoor and outdoor track and field, see Bylaw 14.2.5.2.5.1; and

- The season-ending injury or illness occurs when the student-athlete has not competed in more than one-third of the maximum contest or date of competition (whichever is applicable to that sport) limitation in each sport (as set forth in Bylaw 17) plus one contest or date of competition. For cross country and indoor and outdoor track and field, see Bylaw 14.2.5.2.5.1. Only competition (excluding preseason scrimmages and exhibition contests but including scrimmages and exhibitions after the first regularly scheduled contest) against outside participants during the traditional playing season, or, if so designated, during the official NCAA championship playing season in that sport (e.g., spring baseball, fall soccer), shall be countable under this limitation in calculating the number of contests or dates of competition in which the student-athlete has competed.

**GAMBLING**

In recent years, there have been increased occurrences of illegal gambling activities in NCAA schools. In an effort to limit the problems associated with student-athletes becoming involved with illegal gambling and the NCAA sanctions that are imposed when illegal activities are discovered, the NCAA has instituted additional regulations with regard to gambling. We are listing here the NCAA regulations about the involvement in gambling activities as well as what you may and may not do as a Brandeis/NCAA student-athlete:

- Provide information to individuals involved in organized gambling activities concerning intercollegiate athletics competition;
- Solicit a bet on any intercollegiate team;
- Accept a bet on any team representing the institution;
- Participate in any gambling activity that involves intercollegiate or professional athletics through a bookmaker, a parlay card or any other method employed by organized gambling.