



PRINCETON UNIVERSITY
DEPARTMENT OF ATHLETICS
STUDENT-ATHLETE HANDBOOK
2015-2016

**PRINCETON UNIVERSITY
DEPARTMENT OF ATHLETICS**

It is our pleasure to welcome you to the Princeton Athletics family. Those of you who are returning know what a special and unique opportunity it is to be a Princeton University student, and what an honor it is to represent the Orange and Black as a student-athlete.

Our goal is to provide you with the resources and support you need to be successful at Princeton and beyond. Within the pages of this handbook you will find information on Athletics resources, policies and practices. The document is not exhaustive by any means and may lead to more questions. We encourage that!

Again, welcome to another academic year at Princeton University. We hope your experience here is rewarding in every way possible!

GO TIGERS!!

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INTRODUCTION

This handbook is intended for every student who participates in varsity intercollegiate athletics at Princeton University. It describes the policies and regulations that govern Princeton's intercollegiate athletics program and assists student-athletes in answering questions about varsity intercollegiate athletics participation.

Student-athletes represent Princeton University at all times and are expected to observe its rules, spirit and customs. Head coaches may set additional rules that govern their particular sports with regard to training and competition. Student-Athletes engaging in disruptive or illegal behavior, including fighting, hazing, alcohol or drug abuse, or knowingly violating Ivy League or NCAA regulations could be subject to disciplinary action by the Department of Athletics.

PRINCETON UNIVERSITY MISSION STATEMENT

Princeton University strives for excellence in fulfilling its central and primary purposes of teaching, scholarship, and research and places particular emphasis on the quality of undergraduate teaching. Within this context, the University's position has long been that competitive athletics programs can contribute significantly to the teaching and development of students, and all University athletics programs are designed to be in harmony with the essential educational objectives of the institution. For example, intercollegiate competition in organized athletics helps to foster an enthusiastic sense of shared allegiance among all parts of the University - students, faculty, staff, alumni, and friends. For these reasons, the University offers an extensive array of competition opportunities at the varsity intercollegiate, club intercollegiate, and intramural levels, as well as a variety of physical education and recreational programs that allow members of the University community to pursue athletic endeavors that meet their interests and skills. Within its own framework, Princeton vigorously works for excellence at all levels of play and also for balance within its athletics program; the University is committed to equal opportunity for men and women, to wide participation in intercollegiate athletics, and, in these and in all other respects, adheres to the principles that govern the Ivy League.

For the individual students who participate in athletics, Princeton's goal is that they be both students and athletes - "student athletes" in the fullest sense of the phrase. As a matter of its own educational policy, the University seeks to assure that athletes are representative of the student body, and are treated as all other students -- with the same regard for their health, their academic achievement, and their general personal development. Princeton's competitive athletics programs are intended to encourage in their participants a desire for excellence, respect for colleagues, fair play, teamwork, leadership, perseverance, and integrity. Athletics provides opportunities for undergraduates both to understand the rewards that come from dedication to a larger purpose and to develop their personal, physical, and intellectual skills. In addition, the recreational sports programs offered by the Department of Athletics are intended to provide graduate students, faculty, and staff as well as undergraduates with a variety of opportunities to participate in competitive sports and in other forms of athletic pursuits that contribute to their health and well-being.

RESOURCES

The Athletics Compliance Office

The Athletics Compliance Office is staffed by Allison Rich, Senior Associate Director of Athletics/SWA, Kelly Widener, Assistant Director of Athletics, and Nancy Donigan, Compliance Assistant. All members of the office are available to assist with questions and concerns related any compliance, life skills or student-athlete welfare issue. There are no silly questions, and the staff prides itself on assisting student-athletes as they work toward their goals.

Varsity Student-Athlete Advisory Committee

The Varsity Student-Athlete Advisory Committee (VSAAC) is appointed to serve in an advisory capacity to the Director of Athletics. This committee meets on a regular basis to discuss matters related to student-athlete welfare, administrative policy and other important issues related to the experience of student-athletes. The VSAAC members represent all student-athletes on all teams, and should be contacted with any concerns or ideas.

Student-Athlete Wellness Leaders

The Princeton University Student-Athlete Wellness Leadership program aims to support healthy lifestyles among student-athletes using a peer helper model. Selected varsity student-athletes are trained to serve as role models in noticing and responding to peers in need of support. These students serve as trusted leaders that teammates can seek out for friendly support as well as concrete knowledge of resources. This program is sponsored jointly by Princeton University's Department of Athletics and University Health Services.

Faculty Advisory Committee on Athletics and Campus Recreation

The Department of Athletics is an integral part of the educational mission of the University. As such, the Department maintains close relationships with the faculty. The committee is appointed to serve in an advisory capacity to the Director of Athletics. The committee meets on a regular basis to discuss matters related to the operation of the Department and issues that affect the academic lives of student-athletes. Student-Athletes may be invited to share their experiences with members of the committee.

Princeton Academic-Athletic Fellows (PAAF)

The Academic-Athletic Fellows are a group of faculty and staff who are committed to strengthening and advancing the student-athlete ideal while reinforcing the educational mission of the university. Although collectively serving as a student-athlete support group, individual fellows form an affiliation with a specific team and coach. Their mission is to strengthen and reinforce the ties between a student's academic and athletic pursuits and act as a resource for the student-athletes, coaches, academic administrators and faculty. The link that the Fellows provide between these groups assists in identifying the available resources so that individual student-athletes may receive the appropriate counsel and advice to resolve specific academic and social issues. Fellows will be dedicated to achieving a greater harmony between the academic and athletic cultures, thus assuring that the overall educational mission of the University is enhanced.

The Fellows believe that athletic participation is valuable for its own sake - physically, cognitively and socially - and complements the educational purpose, rather than compromising it. Fellows, themselves, are role models who are actively engaged in mentoring student-athletes on a diverse array of educational and cultural issues, ensuring that the values-based coaching student-athletes receive on the field of play is consistently reinforced off it.

Princeton Varsity Club

The Princeton Varsity Club (PVC) recognizes the long tradition of athletic, academic and alumni success at Princeton University. It also recognizes that current varsity student-athletes, alumni letter winners and friends and supporters of Princeton Athletics represent a strong community built upon shared values and experiences. The PVC supports the notion that athletics is an integral part of the educational mission of the University and that Princeton Athletics should aspire to be a model for intercollegiate athletics in both the Ivy League and the NCAA at large. The PVC also supports the ongoing role that Athletics and the student-athlete play within the University community.

The Princeton Varsity Club's mission is to implement and support programs that perpetuate and enhance the *Performance, Values and Community* of Princeton Athletics and University, and thereby contribute to "Education Through Athletics." The PVC supports its mission as follows:

- *Performance*: Enhancing the athletic, educational, and post-graduate experience of varsity student-athletes. Initiatives include: the PVC Awards Banquet, the Freshman-Sophomore Barbeque and the PVC Weight Room at Jadwin Gymnasium.
- *Values*: Acting as stewards who encourage, perpetuate and demonstrate the values derived from intercollegiate competition and the importance of maintaining both academic and athletic standards of excellence. The Jake McCandless '51 PVC Speaker Series, Tigers in the Community outreach programs and Princeton Academic-Athletic Fellows (PAAF) program aim to strengthen these values.
- *Community*: Building a spirited collegiality among current and former Princeton varsity athletes & other supporters of Princeton Athletics as part of the long tradition of athletic excellence within Princeton University. Mentor and career service programs, alumni and team recognition events, seasonal PVC Coaches Luncheons, "On the Road" events, and Friends Group initiatives each serve to strengthen the sense of community around Princeton Athletics and the University.

NCAA Special Assistance Fund

The NCAA provides funding to Division I conferences to assist student-athletes with special financial needs. Student-athletes must be eligible to receive a Pell Grant from the Federal Government in their Princeton financial aid package to qualify for funds. Permissible uses of funds are: family emergencies; medical and dental expenses; purchase of expendable academic course supplies; clothing, shoes and other essentials. Please contact the Compliance Office for further information.

Nondiscrimination Statement

In compliance with Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, Title VI of the Civil Rights Act of 1964 and other federal, state, and local laws, Princeton University does not discriminate on the basis of age, race, color, sex, sexual orientation, gender identity, religion, national or ethnic origin, disability, or veteran status in any phase of its employment process, in any phase of its admission or financial aid programs, or other aspects of its educational programs or activities. The vice provost for institutional equity and diversity is the individual designated by the University to coordinate its efforts to comply with Title IX, Section 504 and other equal opportunity and affirmative action regulations and laws. Questions or concerns regarding Title IX, Section 504 or other aspects of Princeton's equal opportunity or affirmative action programs should be directed to the Office of the Vice Provost for Institutional Equity and Diversity, Princeton University, 205 Nassau Hall, Princeton, NJ 08544 or (609) 258-6110.

Student-athletes with questions or concerns may also contact Allison Rich, Senior Associate Director of Athletics/Senior Woman Administrator at arich1@princeton.edu or 8-3751.

Sex Discrimination and Sexual Misconduct

Princeton University does not tolerate sex or gender discrimination, including sexual misconduct such as sexual harassment and sexual assault, stalking and intimate partner violence. These behaviors are harmful to the well-being of our community members, the learning/working environment, and collegial relationships among our students, faculty and staff. All forms of prohibited conduct under the University's policy regarding sex discrimination and sexual misconduct are regarded as serious University offenses, and violations will result in discipline, including the possibility of separation from the University.

Individuals who have experienced or witnessed an alleged incident of sex discrimination or sexual misconduct have many options. They include consultation with a confidential resource or other support organization (such as the SHARE (Sexual Harassment/Assault Advising, Resources, and Education) office, Counseling and Psychological Services, or the chaplains at the Office of Religious Life) and/or filing a complaint—internal and/or criminal. The University recognizes that deciding among these options can be difficult. Individuals are encouraged to seek assistance from a confidential resource (there are several to choose from) before deciding how to proceed. See <http://sexualmisconduct.princeton.edu/resources-reporting> for additional information.

Student-athletes with questions or concerns may also contact Allison Rich, Senior Associate Director of Athletics/Senior Woman Administrator at arich1@princeton.edu or 8-3751. However, please be advised that Ms. Rich is not a confidential resource and is obligated to report suspected violations of the University's policy regarding sex discrimination and sexual misconduct.

Statement on Diversity and Community

Princeton University is a community devoted to learning. We actively seek students, faculty and staff members of exceptional ability and promise who share in our commitment to excellence in teaching and scholarship, and who will bring a diversity of viewpoints and cultures. By incorporating a broad range of human experiences and a rich variety of human perspectives, we enlarge our capacity for learning, enrich the quality and texture of campus life, and better prepare for life and leadership in a pluralistic society.

As a community, we respect the dignity, individuality and freedom of each member. At the same time, we strive to be a place where individuals and groups learn with and from each other. We aim to foster a sense of shared experience and common purpose, along with a collective responsibility for each other's well-being and for the well-being of the University as a whole.

Although we acknowledge the difficulties inherent in creating a community of individuals who are different from each other, we remain unwavering in our commitment to both diversity and community in a context of academic excellence. We seek to enable all members of this community to pursue their educational, scholarly and career interests in an environment that recognizes both the distinctiveness of each person's experience and the common humanity that unites us all, and permits us to take full educational advantage of the variety of talents, backgrounds, and perspectives of those who live and work here.

STUDENT-ATHLETE SURVEYS AND SENIOR INTERVIEWS

At the conclusion of each competitive season, all members of the team will receive a Student-Athlete Survey via e-mail that will ask for information about their athletic and academic experiences at Princeton. This information is gathered annually to serve as a systematic way of understanding the experience of students in the athletics program over time. This information is provided to coaches in aggregate form, protecting the confidentiality of individuals.

A sample of senior student-athletes will also be selected for in-person interviews to discuss the athletic experience in their sport at Princeton. Selected students will be contacted by a Department of Athletics administrator to schedule an interview following their competitive season.

At any time, student-athletes should feel free to make an appointment with an athletics administrator to discuss their experiences in the program—positive or negative.

DISPUTE RESOLUTION PROCEDURE

Consistent with University guidelines (see *Rights, Rules, Responsibilities*), the Department of Athletics has a process for resolving interpersonal conflicts that arise as a result of a student's participation in intercollegiate athletics. The University encourages open and honest communication between coaches and players. Most conflicts and differences of opinion can be resolved by the individuals directly confronting issues and jointly seeking resolution.

The Department's dispute resolution procedure is a means to have third parties assist in informal conflict resolution if necessary. This process attempts to balance the need to address issues of student-athlete welfare against the obligation of providing coaches and staff due process. The process only available for student-athletes and not for their representatives.

The following steps are required to initiate the dispute resolution process:

STEP 1 (initial contact)

Student-Athlete - > Coach (preferred option)

or

Student-Athlete - > Captain

or

Student-Athlete - > Team Procedure (predetermined by individual teams)

or

Student-Athlete - > Department of Athletics Representative

Notice should be given to Director of Athletics that system is being invoked.

STEP 2 (informal dispute resolution meeting)

Student-Athlete/Captain/Coach

or

Student-Athlete/Coach/ Department of Athletics Representative

Notice must be given to Director of Athletics that system is being invoked.

STEP 3 (formal process)

Student-Athlete/Mediator (impartial non-Athletics employee)/ Department of Athletics Representative

or

Student-Athlete/University Ombudsperson (for allegation of violation of law, i.e., discrimination based on sex, race, gender, national origin)

STEP 4

Written report to Director of Athletics

Since student-athletes are encouraged to use the dispute resolution procedure when they believe they have been unfairly treated, it is critical there be no retaliation against an individual who initiates the procedure. Retaliation will not be tolerated and will be subject to University disciplinary procedures.

Please refer to *Rights, Rules, Responsibilities* for a full understanding of the University-wide procedures in place for the resolution of complaints and grievances.

ACADEMIC LIFE

The academic experience of student-athletes is of primary importance. While recognizing the dedication to athletic achievement, the University encourages all student-athletes to engage themselves in the pursuit of academic excellence as well. The Department of Athletics has worked closely with the directors of studies in the residential colleges to provide an effective “safety net” for student-athletes experiencing academic difficulty. Student-athletes should not be shy about utilizing the resources available to them. There is strength in recognizing a need and asking for assistance. The resources are designed to be “user friendly,” but this can be achieved only if they are actually used. Given the many demands on a student-athlete’s time, it is important that the academic support services of the institution are sought out right away whenever experiencing academic difficulties. It is important to recognize potential problems early — after midterm examinations may be too late!

A student-athlete who is experiencing academic difficulty should immediately seek out the director of studies in his/her residential college and/or Dov Weinryb Grohsgal, Assistant Dean, ODOC. It is also important to talk to the head coach about any concerns as well as available academic assistance resources.

Choosing a Course of Study

It is of utmost importance that students use the academic advising system and the Director of Studies to plan their course of study. Relying on friends and teammates for advice can be helpful, but ultimately each student must take responsibility for shaping his/her own academic program. The academic advising system is the best possible tool for shaping an academic experience that is enjoyable, challenging, rewarding, and the right fit overall.

Class Attendance

Student-athletes do not receive preferential treatment when it comes to class attendance and requirements. Absence from class because of athletic competition does not excuse a student-athlete from any course requirements. A student-athlete must clear any absence related to athletics with his or her professor before the absence. Since competitive schedules are available early in the semester, it is recommended that conflicts be brought to the professor’s attention at the beginning of the term, with a subsequent reminder as the conflicts approach. Precepts and labs should be scheduled so as to avoid known conflicts with competitive and/or travel schedules. Missed classes due to travel for University sanctioned competition are excused absences. Respectful communication with professors and preceptors is imperative and expected of all student-athletes.

Student-athletes are not permitted to miss classes, seminars or labs to attend practice. As such, it is highly recommended that student-athletes discuss their academic schedules with their head coach so that coaches are aware of the days where there are class conflicts with practice.

Midterm and Final Exam Conflicts

Any exam conflicts will be addressed by the Office of the Registrar. It is important that a student-athlete notify his/her coach at the earliest possible opportunity about a midterm or final examination conflict with a scheduled athletic commitment. Again, student-athletes are responsible for all work regardless of an intercollegiate athletics conflict.

Academic Integrity and Submission of Written Work

Experience indicates that a number of students each year find themselves in academic difficulty due to the submission of written work that is not fully their own. Often times this is an innocent mistake that could have been avoided had the individual followed some basic tips. The following

tips are provided by the Dean of the College's Office and should be helpful in the preparation of written work:

- Be cautious about using notes belonging to other students, especially those that reflect another student's synthesis of an article, outline for a paper or rough draft of a problem set, homework or other assignments. Plagiarism involves the appropriation of unattributed ideas as well as verbatim copying.
- Be familiar with the proper rules of citation (see *Rights, Rules, Responsibilities*, and the MLA Handbook Academic Integrity at Princeton). Make sure to note the extent of indebtedness to other sources.
- Be certain to fully understand the instructor's expectation for independent work. If students are permitted to work with other students or share ideas and questions in the preparation of an assignment, make sure there is a clear understanding of the boundary between permissible collaboration and independent work.
- Never submit the same paper in fulfillment of two different course requirements without the written permission of both instructors.
- Show all work when possible in assignments requiring calculations.
- Avoid tempting circumstances. Don't complete take-home exercises in the same room or at the same table as a classmate who is doing the same assignment; refrain from giving a paper or draft to others to read or asking to see another student's work. Innocent initial motives can sometimes run afoul when the hour is late and the assignment is due.
- Memorize the two Honor Code pledges; one is required for in-class examinations while the other is intended for all other written work. While the spirit of the two pledges is the same, the language is different.
- **WHEN IN DOUBT, ASK FOR HELP!** Always ask the instructor or preceptor for assistance in understanding an assignment or if extra time is needed. Often accommodations can be made. Even if they can't, a poor or failing grade earned honestly is far preferable to risking one's integrity and standing at the University.

COMPLIANCE AND ELIGIBILITY

Faculty Athletic Representative, Eligibility Officer and Compliance Officer

The President of each NCAA member institution is responsible for appointing a faculty athletic representative (FAR), an eligibility officer and a University Compliance Officer. Clayton Marsh, Deputy Dean of the College is Princeton's FAR, Jonathon LeBoeuf, Associate Registrar is the Eligibility Officer and Allison Rich, Senior Associate Director of Athletics/Senior Woman Administrator, is the University's Athletics Compliance Officer. Together they are responsible for certifying the eligibility of all student-athletes and ensuring that Princeton's Department of Athletics personnel and student-athletes are in compliance with all NCAA and Ivy League rules and guidelines.

Philosophy

The Department of Athletics sets a high standard for integrity, commitment, achievement and character. For many student-athletes and sport programs, these standards begin with the recruiting process.

It is expected that coaches and student-athletes will adhere to NCAA regulations at all times. NCAA rules compliance is an essential component of upholding the integrity of Princeton University and the Department of Athletics. As such, appropriate conduct in the recruiting process is expected from Princeton employees, representatives of athletics interests (athletics boosters) and student-athlete hosts.

Compliance with NCAA and Ivy League rules and Princeton University's *Rights, Rules, Responsibilities* is a shared responsibility of all Princeton employees, student-athletes, representatives of athletics interests and prospective student-athletes. All parties are expected to bring forth information regarding any violations of NCAA and Ivy rules upon becoming aware of them.

Adherence to NCAA, Ivy and Princeton University rules and regulations is of the utmost importance. Often violations of these rules are inadvertent, yet it is each student-athlete's responsibility to be knowledgeable of the regulations and report all violations, no matter how small in nature, to their head coach or the University's Athletics Compliance Officer. Coaches or student-athletes not reporting known violations can lead to a student-athlete's or team's ineligibility or disqualification from participation in regular-season competition and/or conference and NCAA championships. The majority of the time these violations are classified as secondary violations and the student-athlete's eligibility is quickly reinstated. Student-athletes are not expected to be able to interpret all of the applicable rules. Rather, they are expected to ask questions as appropriate, to Ask Before You Act. All questions should be directed to coaches and/or the Compliance Office.

Three sets of principles and policies govern intercollegiate athletics at Princeton. These include the NCAA, the Ivy League, and Princeton University. The University, the Ivy League and the NCAA require that a student-athlete be a full-time, matriculated student in a four-year baccalaureate program. Student-athletes must be enrolled in courses yielding at least 12 credits per semester (or a minimum of 3 classes per term) while competing in their sport and make normal progress toward earning their degree.

To be eligible to compete in intercollegiate athletics, a student-athlete must meet established eligibility standards. At the beginning of each academic year or sport season, each student-athlete must meet with an institutional representative to review the rules and regulations governing athletics participation. This is typically accomplished with a team meeting in the fall. Each student-

athlete must complete an Ivy League and NCAA statement certifying that he or she understands and has abided by all rules and regulations of these two governing bodies. The statement, along with other required forms that must be completed annually are accessed via the following link: <https://puwebp.princeton.edu/athletics>.

The following is a summary of some important rules to know:

Ethical Conduct

Student-athletes must compete with honesty and sportsmanship at all times so that they represent the honor and dignity of fair play. All Princeton student-athletes are expected to practice good sportsmanship in their conduct toward players, coaches, officials and spectators. A student-athlete who has shown dishonesty in evading or violating NCAA regulations will not be eligible for competition.

Amateurism

A student-athlete will be considered a professional athlete and ineligible for participation in Princeton Athletics if he/she:

- Accepts pay, or the promise of pay, for competing in any sport;
- Agrees to compete in professional athletics in any sport;
- Plays or practices with a professional athletics team as defined by the NCAA in any sport; or
- Uses his/her athletic skills for pay in any form in any sport.

A student-athlete is not eligible in a sport if he/she has ever accepted money, transportation or other benefits from an agent or agreed to have an agent market his/her athletics ability or reputation in any sport.

A student-athlete is not eligible in a sport if, since he/she became a student-athlete, he/she has accepted any pay for promoting a commercial product or service or allowed his/her name or picture to be used for promoting a commercial product or service.

A student-athlete is not eligible in any sport if, because of his/her athletics ability, he/she was paid for work not performed, paid at a rate higher than the going rate, or paid for the value an employer placed on his/her reputation as an athlete.

Financial Aid

A student-athlete may receive certain financial assistance other than the financial aid that Princeton distributes. The list of other permissible aid includes:

- Money from anyone upon whom the student-athlete is naturally or legally dependent: or
- Outside financial aid that has been awarded to the student-athlete and which has been reported to the financial aid office. Note: Ivy League regulations prohibit the awarding of financial aid on the basis of athletic ability.

Academic Standards

To be eligible to compete, a student-athlete must:

- Have been admitted as a regular degree-seeking student according to Princeton University published entrance requirements;
- Be in good academic standing according to Princeton University standards; and
- Be enrolled in at least a minimum full-time program and maintain satisfactory progress towards a bachelor's degree at Princeton University.

A student-athlete is not eligible to participate in any organized practice sessions in a sport unless he/she is enrolled in at least a minimum full-time program of studies. A student-athlete enrolled in less than a full-time program, is eligible to compete only if he/she is enrolled in the last term of his/her degree program and is carrying all credits necessary to graduate.

All first year student-athletes must have their academic eligibility certified by the NCAA Initial-Eligibility Clearinghouse, which operates independently of the University.

Seasons of Eligibility

A student-athlete is not eligible to participate in more than four seasons of intercollegiate competition. These four years must be completed within five calendar years after the start of full-time collegiate enrollment.

Note: *In the Ivy League, student-athletes are expected to use their eligibility within their first four years of actual enrollment. As such, there are no redshirt options. There are limited waiver options for a fifth year (fourth season of competition) if a student-athlete was away from Princeton for an entire academic year. Student-athletes should discuss their options with their coaches and/or the Compliance Office.*

Time Limits for Athletically-Related Activities

A student-athlete's participation in countable athletically-related activities (e.g., practice, competition, required weight training, film or videotape reviews, required participation in camps and clinics, or team meetings) during the playing season must be limited to no more than four hours in a day and 20 hours per week. Note: The day of competition counts as three hours regardless of the actual length of the competition.

During the playing season, student-athletes must be given at least one day off per week. On that day, ALL countable athletically related activities are prohibited. A travel day may be used as the day off, provided that no countable athletically-related activities are conducted.

No class time shall be missed for practice activities except for team travel to an away contest.

Outside of the playing season, only a student-athlete's participation in required weight training and conditioning shall be permitted. A student-athlete's activities shall be limited to a maximum of six hours per week and a minimum two days off per week is required. In sports other than football and within these six hours, skill-related instruction is permitted for up to two hours per week, except during University Reading and Final Exam Periods. In football, film review is permitted within the six hours of activity.

NOTE: In the sports of rowing, fencing, swimming and diving, water polo and field events for track & field, a coach may be present during voluntary workouts to spot or provide safety instruction, but may not conduct or critique the workout.

Rest Days

Per Ivy League rules, student-athletes in each sport will have 49 rest days during the academic year while classes, Reading Periods and/or Exams are scheduled. These days shall have no required athletic activity, no voluntary activity under the supervision of a coach, no team athletic activities (e.g., captain's practices), and no team or team member athletically-related activities resulting from encouragement by the coaching staff to engage in such activity. Under no circumstances will any athletically-related activity involving team members be supervised by a team's coach, nor will facilities be reserved for team activities.

Countable and Noncountable Athletically Related Activities

Countable* Athletically Related Activities	Noncountable Athletically Related Activities
Practices (not more than four hours per day).	Compliance meetings.
Athletics meetings with a coach initiated or required by a coach (e.g., end of season individual meetings).	Meetings with a coach initiated by the student-athlete (as long as no countable activities occur).
Competition (and associated activities, regardless of their length, count as three hours). Note: No countable athletically related activities may occur after the competition.	Drug/alcohol educational meetings or CHAMPS/Life Skills meetings.
Field, floor or on-court activity.	Study hall, tutoring or academic meetings.
Setting up offensive and defensive alignment.	Student-athlete advisory committee/Captain's Council meetings.
On-court or on-field activities called by any member of the team and confined primarily to members of that team.	Voluntary weight training not conducted by a coach or staff member.
Required weight-training and conditioning activities.	Voluntary sport-related activities (e.g., initiated by student-athlete, no attendance taken, no coach present).
Required participation in camps/clinics.	Traveling to and from the site of competition (as long as no countable activities occur).
Visiting the competition site in the sports of cross country, golf and skiing.	Training room activities (e.g., treatment, taping), rehabilitation activities and medical examinations.
Participation outside the regular season in individual skill-related instructional activities with a member of the coaching staff.	Recruiting activities (e.g., student host).

Team Travel

Student-athletes should remember that they are representatives of Princeton University on campus as well as whenever their team is on the road for competition. All trips begin when the team leaves campus and end upon return to campus. The following are a few items of importance:

There is no specific dress code for student-athletes on trips, but student-athletes should be aware of their status as representatives of Princeton University and dress accordingly. In addition, coaches may have specific dress codes for their teams.

Charges for hotel rooms and tax are the responsibility of the University; incidental expenses such as telephone; room service and pay movies are to be paid by the room occupants. Coaches may prohibit telephone calls and pay movies from being charged to hotel rooms.

Ticket Policies

The Department of Athletics charges admission for some athletic events. For regular-season contests for which there is paid admission, the Department provides team members with up to four (4) complimentary admissions to be used by family and friends. Up to 48 hours prior to the contest, team members will have the opportunity to list the names of the individuals who will be admitted to the contest free of charge via a pass list. At no time will team members be provided "hard tickets" for a contest. The pass list will be administered at a designated gate prior to the contest. Those listed by the team member must provide proper identification when they arrive at the gate.

Details related to these procedures will be provided by the Ticket Office in advance of any paid contests. This policy does not include postseason events. For questions about postseason tickets, student-athletes should contact their head coach.

Outside Competition

Student-athletes are not permitted to engage in any outside competition or any noncollegiate, amateur competition during the academic year, while a member of an intercollegiate team in that sport. An exception to this rule applies during published vacation periods, when a sport is out of season, and only in sports other than basketball. Field hockey, men and women's soccer and men's water polo may begin outside competition on May 1 with prior permission from the Compliance Office. Student-athletes in those sports should contact their head coach to begin the process of seeking approval for outside competition.

All sports other than Basketball: A student-athlete is not eligible in his/her sport for the remainder of the year and the next academic year if, during the academic year, he/she competes as a member of any outside team in any noncollegiate, amateur competition. Competing in official Olympic tryouts and competition and other specified approved competition are permitted.

Basketball only: A basketball student-athlete is not eligible if he/she participates in any organized, outside basketball competition after becoming a candidate for an intercollegiate basketball team at an NCAA institution, or after enrolling at a member institution that recruited him/her to play on its intercollegiate basketball team. Competing in the Olympic Games tryouts and competition and other specified approved competition is permitted.

It is permissible to play on a basketball team in a summer basketball league that the NCAA has sanctioned. Note: Student-Athletes must receive written permission from the Compliance Office, to play in NCAA sanctioned summer leagues. Student-athletes should contact their head coach to begin the approval process.

Team Uniforms and Equipment

Uniforms and equipment will be issued during the course of the season. The equipment managers will be responsible for the washing and redistribution of practice and competition uniforms. Student-Athletes should notify the equipment staff of any problems with or loss of uniforms or equipment immediately upon discovery. All equipment and uniforms damaged outside of practice or competition use, or not returned at the end of the season will be billed to the individual.

Property Damage and Theft

During both home and away contests, property damage and theft will be the financial responsibility of the individuals involved. In addition, violators will be subject to University disciplinary action. When individuals cannot be identified for such action, the entire team will be held accountable.

Extra Benefits

Student-athletes may not receive "extra benefits" that are not generally available to students or to a particular segment of the student body (e.g., band, eating club) determined on a basis unrelated to athletics ability. An extra benefit is any special arrangement by an institutional employee or representative of the institution's athletics interests to provide a student-athlete or the student-athlete's relative or friend a benefit not expressly authorized by NCAA legislation. Examples of impermissible extra benefits include discounts from businesses that are not available to the general public, use of Department of Athletics telephones, copy machines, computers, etc., loans from Athletics personnel or boosters, use of automobiles, gifts of clothing, or any other benefits not available to the general public.

Modeling and Commercial Endorsements

It is not permissible under NCAA rules to endorse a commercial product or service once enrolled at a college. However, if a student-athlete worked as a model prior to coming to Princeton, it may

be possible to continue to model if it does not relate in any way to his/her status as an athlete. All modeling must be approved by the Compliance Office in advance.

Employment

Student-athletes may be employed, but may be compensated only for work actually performed and at a rate commensurate with their skills and experience. A student-athlete may teach sport-related skills on a fee-for-lesson or per session basis, but all lessons must be approved in advance by the Compliance Office, and no Princeton facilities may be used.

Amateurism

Unlike the NCAA, Ivy rules state that a student-athlete must be an amateur in all sports in order to be eligible. Thus, it is impermissible to professionalize (e.g., accept pay or prize money, etc.) in one sport and maintain eligibility to play at Princeton in another sport.

Sports Gambling

A student-athlete is not eligible to compete if he/she: knowingly provides information to individuals involved in organized gambling activities concerning intercollegiate athletics competition; solicits a bet on any intercollegiate team; accepts a bet on any team representing the institution; or participates in any gambling activity that involves intercollegiate athletics through a bookmaker, a parlay card or any other method employed by organized gambling. A student-athlete is not eligible to compete if he/she knowingly participates in any gambling activity that involves intercollegiate or professional athletics, through a bookmaker, parlay card or any other method employed by organized gambling. Other impermissible forms of sports gambling include pay-in pools for the Super Bowl and NCAA Basketball Tournament (including purchasing a square), and pay-in Fantasy Sports Leagues.

Agents/Advisors

Princeton University athletes of high caliber may have the opportunity to continue their athletic careers at the professional level. Both Ivy and NCAA rules prohibit student-athletes from agreeing to be represented by an agent while still maintaining their amateur status. Student-Athletes should consult their coach and/or the Compliance Office, if they are ever contacted by an agent or advisor interested in advising them or talking with professional organizations about them. Student-athletes who are interested in securing representation or draft-status information should also contact their coach or the Compliance Office for more information.

Tobacco Products

The use of any and all tobacco products by student-athletes, coaches, officials and game personnel during practice and competition is prohibited.

NCAA Drug Testing

The NCAA conducts random selection drug testing annually on campus, at NCAA Championship competition, and during the summer at any location. All NCAA sport participants are eligible for year-round drug testing and if participating, testing conducted at NCAA championship events. All student-athletes are required to sign a drug testing consent form in order to be eligible to participate in a varsity intercollegiate sport.

The NCAA-affiliated Center for Drug Free Sport performs a urine analysis for the presence of a selection of banned drugs. If a student-athlete tests positive, he/she will be ineligible to participate in regular-season and postseason competition for at least one calendar year after the positive drug test and will be charged with the loss of at least one season of competition in all sports. If the positive test happens during the season of competition, the student-athlete will be ineligible for the

remainder of contests in the current season and contests in the subsequent season up to the period of time in which he/she was declared ineligible during the previous year. The student-athlete will remain ineligible until he/she retests with negative results and his/her eligibility has been restored by the NCAA Eligibility Committee.

If a student-athlete tests positive again for the use of any drug, other than a “street drug” as defined by the NCAA, he/she will lose all remaining regular-season and postseason eligibility in all sports. If he/she tests positive for the use of a “street drug” after being restored to eligibility, he/she will be charged with the loss of one season of competition in all sports and will also remain ineligible for regular-season and postseason competition at least through the next calendar year.

Questions concerning the drug testing program should be directed to a member of the Athletic Medicine staff.

RECRUITING

Telephone Calls to Prospects

Enrolled students shall not make or participate in telephone calls to prospects at the direction of a coaching staff member or financed by the institution or a representative of its athletic interests. Student-athletes may receive calls made at the expense of the prospect so long as the prospect was not directed by the student's coach to call. A student-athlete may write to a prospect at his/her own expense, but not at the direction of a coaching staff member.

Official Visits

While a prospective student-athlete is on campus for an official visit, Princeton employees and student-athletes may engage with them in the following entertainment activities:

- On-campus events such as home athletic contests, music concerts, art shows, theatre productions, etc. If purchase of tickets for prospects is necessary, the respective coach must give the student host entertainment money (not to exceed \$30/day) to cover this expense;
- Off-campus restaurants or sites within 30 miles of campus;
- A meal at the home of an institutional staff member (e.g., the Director of Athletics, a coach, a faculty member or the institution's president) may be held for a prospect on an official visit, provided the entertainment is on a scale comparable to that of normal student life, is not excessive in nature and occurs on only one occasion;
- Movies, laser tag, manicures, etc. that cost within the limit of entertainment money provided by the respective coach (not to exceed \$30/day);
- Snacks in addition to the three permissible meals per day;
- Post-game team tailgates as long as no conversation takes place between prospects and representatives of athletics interests including parents of current student-athletes; and
- Other activities approved in advance by the Compliance Office.

While a prospective student-athlete is on campus for an official visit, Princeton employees, student-athletes, and representatives of athletics interests may NOT engage with them in the following entertainment activities:

- Excessive meals and transportation. Off-campus meals may not be at expensive restaurants that exceed normal student life at Princeton. Air transportation must be in coach class. Automobile transportation off campus must be in non-luxury vehicles. Campus transportation must be in University vehicles or coach or student-athlete personal vehicles;
- Use of escorts or exotic dancers;
- Trips to gentlemen's clubs or adult entertainment facilities;
- Serving alcohol or otherwise making it available to under-age prospects anywhere including eating clubs;
- Providing illegal substances to prospects;
- Trips to bars with under-age prospects;
- Organizing campus tours in a manner that is inconsistent with Princeton's practices of providing tours to prospective students generally. For example, tours being given by people who don't normally provide tours for the University;
- General activities or events at any location that may cause a perception of impropriety; and
- Prospects may NOT speak with representatives of athletics interests such as Friends Group members or parents of current student-athletes beyond a greeting.

Other impermissible acts would involve any illegal activity including sexual harassment, sexual assault, physical assault, use of illegal substances, damaging property, hazing, sports gambling, etc.

Student Host Responsibilities

Serving as a student host is an important service to Princeton University, the Department of Athletics and the team. As such, appropriate conduct is required of student hosts and the following guidelines must be followed:

- **The University prohibits minors from consuming alcoholic beverages and prohibits minors from being served alcohol and/or illicit substances.**
- Student hosts may not arrange or permit excessive entertainment for a prospect on/off campus. Entertainment must be within the realm of normal student life at Princeton.
- If a student host receives money for entertaining prospects on an official visit, he/she will sign the appropriate Student Host Form, and the money will be distributed in an envelope that lists applicable student host guidelines on its face. The envelope will list the sport, prospect name, host name, visit date, amount disbursed (in case of multiple prospects), and the coach's signature.
- A maximum of \$30 per day may be provided to cover the entertainment expenses of the host and the prospect. An additional \$15 a day may be provided for each additional prospect entertained.
- Student hosts will retain all receipts from the official visit and keep them in the envelope over the course of the visit.
- After the visit, the student host will return the envelope with all receipts and any leftover funds to his/her coach for processing.
- Excess student host money may not be kept by the student host as it would constitute an extra benefit and impact the student's eligibility for competition.
- Any money provided to host a prospect on an official visit is for the purpose of entertaining only the student host, the prospect, the prospect's parents (legal guardian) and/or spouse. Other students may assist with hosting the prospect but must pay for their own entertainment.
- No cash may be given to the visiting prospect or anyone else.
- Entertainment funds may not be used to purchase or otherwise provide the prospect with any souvenirs, T-shirts, etc. **THE MONEY IS FOR ACTUAL ENTERTAINMENT EXPENSES ONLY.**
- Vehicles may not be provided or arranged for by any institutional staff member or representative/friend of Athletics.
- A student host may not transport the prospect or anyone accompanying the prospect more than 30 miles from campus.
- The student host may not permit recruiting conversations to occur, on or off campus, between the prospect and a representative of Athletics/Friends of Athletics. If an unplanned meeting does occur, only an exchange of greetings is permissible.

STUDENT-ATHLETE CONDUCT

Student-Athletes are expected to know and observe the rules, spirit and customs of their sport in both practice and competition and should wear only those articles of equipment issued by the University or approved by the coach. They should maintain cordial relations with opponents, officials, spectators and members of the media. Displays of bad manners and language are always out of order.

Hazing

The Department of Athletics has a zero tolerance hazing policy. All student-athletes are required to follow the following hazing regulations as written in ***Rights, Rules, Responsibilities***.

New Jersey Law

In compliance with New Jersey statute, Princeton University is required to notify all students of their rights under law.

- A person is guilty of hazing, a disorderly persons offense, if, in connection with the initiation of applicants to or members of a student or fraternal organization, he or she knowingly or recklessly organizes, promotes, facilitates or engages in any conduct, other than competitive athletic events, which places or may place another person in danger of bodily injury.
- A person is guilty of aggravated hazing, a crime of the fourth degree, if he or she commits an act which results in serious bodily injury to another person.
- Consent shall not be available as a defense to a prosecution under law.
- Conduct constituting an offense under the law may be prosecuted under any applicable provision of Title 2C:40 of the New Jersey Statutes.

Prohibition on Hazing

- Any student shall have the right to be free of all activities which might constitute hazing, while attempting to become a member of a fraternity, sorority, athletic team, student organization, eating club, or other campus organization. Organizations, their members, and their prospective members are prohibited from engaging in or encouraging others to engage in activities that are defined as hazing.
- A broad range of behaviors that may place another person in danger of bodily injury or behavior that demonstrates indifference or disregard for another person's dignity or well-being may be classified as hazing. Examples include but are not limited to the following:
 - Forced or required ingestion of alcohol, food, drugs, or any undesirable substance;
 - Participation in sexual rituals or assaults;
 - Mentally abusive or demeaning behavior;
 - Acts that could result in physical, mental, or emotional deprivation or harm; and
 - Physical abuse, e.g., whipping, paddling, beating, tattooing, branding, and exposure to elements.

Acceptable Behavior

Any new member initiation process should be conducted in a manner that respects the dignity of new members and protects their mental and physical well-being. Examples of acceptable behavior include the promotion of scholarship or service, the development of leadership or social skills or of career goals, involvement with alumni, building an awareness of organizational history, development of a sense of solidarity with other organization members, or activities that otherwise promote the mission of the organization or of the University.

DEPARTMENT OF ATHLETICS DISCIPLINE POLICY

Philosophy

The varsity sports programs at Princeton University set a high standard for commitment, achievement and character. The Princeton students who choose to join these programs, choose to make sacrifices and accept the responsibility of representing Princeton University.

Participation in intercollegiate athletics is a privilege. A Princeton student-athlete represents Princeton University at all times, on and off the playing surface, in and out of season. Appropriate conduct is expected at all times.

Unfortunately, incidents may occur that are contrary to these expectations and that tarnish the tradition of excellence that the Department of Athletics seeks to uphold. Usually, these incidents are minor transgressions that can be attributed to isolated, one-time lapses in judgment. On occasion, incidents may be more significant or repetitive.

Each head coach has the responsibility for establishing behavioral expectations for his/her team and addressing violations. The Department of Athletics Disciplinary Protocol is intended to affirm the authority of the head coach while at the same time establishing a base of understanding about appropriate conduct and the minimum outcomes for all student-athletes who violate those standards.

Policy

The following sanctions (see chart below) will be applied in instances where a report to the Department of Athletics (e.g., Department of Public Safety report, University disciplinary charge and/or sanction, Princeton Borough Police or other police agency report or arrest, etc.) identifies a student-athlete as committing an offense that violates University policy and/or the law. This process is not designed to be used in situations involving violations of team rules or team alcohol policies, which fall under the purview of the head coach. The Department of Athletics will invoke the penalty schedule in a timely manner for major offenses and for minor violations after second (and subsequent) offenses as described below.

In general, a minor violation is considered to have occurred in any situation where an individual:

- Is charged with a disorderly persons offense or receives a citation and in looking at the totality of the circumstances it is reasonable to believe person committed the act (e.g., open container, false identification, public urination, underage possession of alcohol, provision of alcohol to minors, hosting a party, etc.);
- Is found responsible for a University disciplinary infraction and is assigned less than six months of University probation; or
- Is found to have engaged in conduct that is deemed inappropriate, reckless, instigating or malicious, but does not rise to the threshold of a major violation.

A major violation is considered to have occurred in any situation where an individual:

- Is charged with a felony and in looking at the totality of the circumstances it is reasonable to believe person committed the act (e.g., DWI, assault, sexual assault, theft, etc.); or
- Is found responsible for a University disciplinary infraction and is assigned six months or more of University probation due to the severity of the incident; or
- Is found to have engaged in conduct that is deemed inappropriate, reckless, instigating or malicious (e.g., vandalism, destruction of University property, assault of another person, etc.).

	MINOR	MAJOR
First	No department action. Coach implements appropriate sanction and notifies Senior Associate AD of action.	Minimum one (1) contest suspension
Second	Minimum one (1) contest suspension	Minimum suspension from the lesser of three (3) or 20% of scheduled contests
Third	Minimum suspension from two (2) contests	Minimum suspension from 50% of scheduled contests

Minor offenses are considered as part of a two year rolling cycle in determining which offense (first, second, etc.) has been committed. Major offenses have no such rolling cycle and are always counted. In cases where there is ambiguity about the major or minor status of a penalty (or if the penalty schedule should be invoked at all), the Director of Athletics and Senior Associate Director of Athletics responsible for student conduct will use their discretion to decide whether a violation is minor, major or not related to the process. This includes situations when probation of six months or more is assigned by ODUS and the length of probation is partially due to prior incidents.

When a suspension is necessitated, it may be appropriate to use a significant non-traditional season contest or significant team event (e.g., withholding from a southern training trip) in lieu of contest suspension. This option should be requested by the coach and agreed upon in conjunction with the Senior Associate Director of Athletics responsible for student conduct.

There should be neither a rush to judgment nor a delay in judgment, but a timely response when there is sufficient understanding of the details of the incident. Suspensions are typically implemented with the first available contest, though in extenuating circumstances the Senior Associate Director of Athletics has discretion to determine the appropriateness of a delay.

Coaches retain the ability to provide additional sanctions or responses as they deem appropriate, especially when withholding a student-athlete from additional contests, or requiring campus/community service and/or counseling. Monitoring campus/community service and counseling expectations is the responsibility of the head coach.

After a student-athlete commits a major offense, subsequent minor offenses will result in a department sanction consistent with a second or third minor offense.

For multiple sport student-athletes, sanctions will be imposed during the season in which the offense occurs or in the next available sport season if the offense occurs out of season.

The withholding of information in an attempt to evade punishment under the penalty schedule is subject to further penalties as appropriate.

Department of Athletics disciplinary sanctions are separate from University sanctions. The Senior Associate Director of Athletics will serve as the conduit for communication between the Department and ODUS and the residential colleges. It should not be assumed that repeated violations of University Rules will be handled in the same manner by ODUS and the Department of Athletics.

AWARDS

Special Awards and Scholarships

Numerous awards and scholarships are available to Princeton University student-athletes. In some cases it is the responsibility of the student to apply for the award or scholarship. In other cases coaches, administrators, and/or the Office of Athletic Communications may be responsible for nominating students for individual awards.

The Ivy League and other conferences of which Princeton is a member select numerous student-athletes for a wide variety of awards, scholarships and all-academic teams. A student-athlete who is interested in applying for any award, should be sure to confirm deadline dates in advance as they do change from year to year.

In addition there are other regional and national sport-specific awards available, including the NCAA Postgraduate Scholarship Award, NCAA Woman of the Year Award, NCAA Top Eight Awards and Award of Valor, and Honda Award Program. The Department of Athletics attempts to identify viable candidates for the various awards and also seeks nominations from its coaches and student-athletes.

Senior Awards

In addition to numerous awards presented in each sport, the following Senior Awards are presented annually at the Princeton Varsity Club Banquet:

- C. Otto von Kienbusch Sportswoman of the Year Award: Awarded annually to a Princeton senior woman of scholastic rank who has demonstrated general proficiency in athletics and the qualities of a true sportswoman. Presented in memory of C. Otto v. Kienbusch 1906, friend and benefactor of women's athletics at Princeton.
- William Winston Roper Trophy: Awarded annually to a Princeton senior male of high scholastic rank and outstanding qualities of sportsmanship for general proficiency in athletics. Presented by Mrs. William W. Roper and the Class of 1902.
- Class of 1916 Cup: Awarded each year to the Princeton varsity letter winner who, continuing in competition in his/her senior year, achieved at graduation the highest academic standing. Presented by the Class of 1916 on the occasion of its fiftieth reunion.
- Art Lane '34 Citizen Athlete Award: Awarded each year to a senior student-athlete for his or her selfless contributions to sport and society as an undergraduate student-athlete.

ATHLETIC COMMUNICATIONS

The Office of Athletic Communications (OAC) is responsible for the publicity for the University's 38 varsity sports teams.

The OAC produces content for the University's official Department of Athletics website, www.goprincetontigers.com, as well as for the official Facebook and Twitter accounts. Each of the 38 teams has a sport contact assigned from the OAC, and that individual is responsible for maintaining that team's information online. Included in this are pregame stories, postgame recaps, schedules, statistics, rosters, archival information, written features, record books and recruiting information, as well as video highlights, interviews and feature stories.

The department's video-streaming efforts also originate within the OAC. Princeton is one of the national leaders in live and on-demand streaming, with nearly 200 events broadcast each year across 22 sports through the Ivy League Digital Network.

With the growth of social media, Princeton's OAC maintains a presence on Twitter (including in-game updates for every athletic contest), Facebook, Instagram, Vine and other sites. As social media becomes a larger and larger part of the everyday workflow, the OAC's charge is to stay current on technologies and avenues.

The Office of Athletic Communications also assists with the marketing and promotion of the department and its teams. It devises and assists in the coordination of promotional events at athletic contests, works in conjunction with the ticket office to generate ticket sales and coordinates all advertising ventures.

Student-Athlete Personal Social Media Posting Policy

The varsity sport programs at Princeton University set a high standard for commitment, achievement and character. The Princeton students who choose to join these athletic programs choose to make sacrifices and accept the responsibility of representing Princeton University.

A Princeton student-athlete represents Princeton University at all times, on and off the playing surface, in and out of season. Appropriate public conduct and representation is expected at all times.

With the explosion of social media availability, there is a greater chance now for a student-athlete to express him/herself in a manner that can be creative, thought-provoking, humorous and/or serious. At the same time, there is also the greatly increased chance to accidentally or inadvertently get into situations that can carry with them serious - and long-term - consequences.

It is the policy of the Department of Athletics not to censor any student-athlete, coach or administrator who is interested in posting on social media. It is important however, to keep in mind a few guidelines for staying away from troubling situations.

First, student-athletes are asked to consider that every posting is public. Even private Twitter accounts, for instance, can become public if they are retweeted. The general rule of thumb is to consider that all postings will be read by coaches, teammates, opponents, officials, parents, friends, Directors of Admission for graduate school boards and prospective employers.

Additionally, anonymous message boards and forums where posters use names that keep them anonymous are potential hazards for athletic teams. Keep in mind that discussing sensitive team information - such as but not limited to injuries, disciplinary situations, personnel changes and

recruiting - around individuals one does not know can be dangerous in that those individuals could be posting to message boards. Also, discussion recruiting publicly in any form - such as tweeting about hosting a prospective student athlete or posting details or photos from a visit - is a violation of NCAA rules and could subject the program to NCAA sanctions.

The Athletics Discipline Policy may be invoked in cases where sound judgment is not used and material is posted that poorly represents Princeton Athletics and the University.

STRENGTH AND CONDITIONING

The Princeton Varsity Club (PVC) intercollegiate weight room is located on the E Level of Jadwin Gymnasium. The Princeton Stadium intercollegiate weight room is located by the football locker rooms in Princeton Stadium. Equipment in the weight rooms includes: Hammer Strength Olympic racks, Iron Grip dumbbells, a full-line of Hammer Strength and Life Fitness machines and Life Fitness cardio equipment. The rooms are restricted for use by Princeton's intercollegiate student-athletes.

Weight Room Rules and Responsibilities

- All student-athletes must be cleared by the Princeton Athletic Training Staff prior to any weight training activity.
- Student-Athletes must report any new injuries to the Athletic Training Staff prior to continuing any weight training.
- Proper athletic attire must be worn at all times.
 - Blue jeans, cleats, sandals or bare feet are not permitted in the weight room.
 - Shirts must be worn at all times.
- No one is permitted to use the facility unless a strength and conditioning staff member or athletic department coach is present.
- Appropriate training behavior is expected at all times.
- If injured, see a trainer before working out.
- All personal belongings must be left outside the weight room.
- Princeton University is not responsible for any lost or stolen items.
- Dress appropriately for a co-ed training environment.
- Lifters are required to use collars for all barbell exercises.\
- Move weights from the racks to the bars and back onto the racks **only**.
- Do not lean weights on walls, racks, benches or machines.
- All weights must be returned to their appropriate place.
- When on a platform, do not drop weights from above the waist.
- No food, canned beverages or ice bags are permitted in the weight room.
- No gum chewing or use of tobacco products is permitted.
- The use of profanity will not be tolerated.
- Always leave the weight room in its proper state (weights racked, no garbage, etc.)

Respectful behavior toward staff members, student-athletes and equipment is required. Failure to follow policies will result in the immediate loss of weight room privileges.

STUDENT-ATHLETE WELLNESS

Drugs and Alcohol

Students at Princeton University are expected to be acquainted with and to abide by both the State of New Jersey and University regulations regarding the consumption of alcohol. They are also expected to be aware of the social, physiological and psychological consequences of excessive drinking in order to make responsible and informed decisions about the serving and consumption of alcohol. The University provides regular educational programs on alcohol and drug abuse as well as counseling services.

The University alcoholic beverage policy is designed to be consistent with the laws of the State of New Jersey, which, in general, prohibit the consumption and serving of alcoholic beverages to persons under 21 years of age. The policy also reflects the need for mutual respect and personal responsibility within a diverse community. Students are responsible for their behavior, whether or not they are under the influence of alcohol. Under no circumstances will the consumption of alcohol constitute a mitigating circumstance when it contributes to the violation of University regulations.

It is the primary responsibility of those in the presence of a severely intoxicated person to contact appropriate University or local medical and safety personnel (DPS officers, deans, McCosh Health Center staff, Princeton Medical Center staff or local police or members of the rescue squad). Intoxication will not be grounds for disciplinary action. **Contacting the Department of Public Safety for assistance in transporting a student in need of medical attention will not, in itself, lead to disciplinary action.** Disciplinary action will occur only if other circumstances indicating a violation of University policy are observed. In such an instance, the fact that students initiated a call for assistance will be considered a mitigating circumstance.

At no time is it permissible to consume alcoholic beverages during athletics trips.

Team hazing and other initiation activities involving the use of drugs and alcohol are violations of University policy. Violations of these policies are grounds for disciplinary action by the University and Department of Athletics against individuals, teams and/or coaching staff members.

NCAA Drug Testing regulations and procedures appear in the Compliance and Eligibility section of this handbook.

Nutritional Supplements

It is the philosophy of the Department of Athletics and the University Health Services Athletic Medicine Department that all student-athletes are able to meet 100% of their nutritional needs through a well-balanced, nutritious, eating plan that addresses performance, hydration, recovery and good health. Nutritional supplements are heavily marketed to athletes for their ability to build muscle mass, speed recovery and improve overall performance in spite of inadequate scientific evidence to make such claims. As a result, they are often misused.

Physicians sometimes prescribe dietary supplements due to diagnosed deficiencies and student-athletes should follow that advice in those circumstances. It is required though when student-athletes are taking ANY prescribed supplements (e.g., iron for iron deficiency anemia), that athletic medicine staff members be informed (e.g., Director of Athletic Medicine, Athletic Trainer, and/or Sport Nutritionist). The primary concern is that many student-athletes use supplements despite the lack of long term studies to support their efficacy or safety without medical advice. It is also possible that supplements could contain NCAA banned substances so it is important to check each one before taking it.

In the US, the Dietary Supplements and Health Education Act of 1994 allows supplement manufacturers to make health claims regarding the effect of products on body structure or function but not therapeutic claims to “diagnose, mitigate, treat, cure, or prevent” a specific disease or medical condition. As long as a special supplement label indicates the active ingredients and the entire ingredients list is provided, claims for enhanced performance can be made, valid or not.

Although all manufacturers are required by the Food and Drug Administration to analyze the identity, purity, and strength of all of their products’ ingredients, they are not required to demonstrate the safety and efficacy of their products. Additionally, contamination of dietary supplements with banned or non-permissible substances remains an issue. Ingredients may be mislabeled, may provide a different level of potency than stated, or may contain substances not listed. All of these can result in harmful health effects or positive drug test result for banned substances.

Student-athletes are ultimately responsible for anything they ingest. While every effort will be made to assist student-athletes in making the best choice possible, all nutritional/dietary supplements carry some risk of containing an NCAA banned substance. It should be known that “positive drug-test appeals based on the claim that the student-athlete did not know the substances they were taking contained banned drugs are not successful” (NCAA Athletic Medicine Handbook).

Individual Student-Athletes

Unless prescribed or provided by Athletics or Athletic Medicine personnel, all student-athletes must meet with the sport nutritionist before taking nutritional supplements for a complete nutrition assessment and supplement evaluation. Evaluations of specific products and education regarding nutraceuticals, nutrition supplements and ergogenic aids for student-athletes will be made available by request.

Caution – Banned stimulants, hormones and anabolic agents have all been found in nutrition supplements even when they are not listed as ingredients. No product can be guaranteed 100% even after a thorough review.

Department of Athletics and Athletic Medicine Personnel

All nutrition supplement purchases for teams MUST be pre-approved by the Director of Strength and Conditioning. Athletics Friends funds are institutional funds and all nutrition supplements purchased for student-athletes MUST comply with NCAA regulations governing permissible supplements that institutions may provide. Please refer to the chart below for all pre-approved supplement/sport foods.

All nutrition supplements recommended/promoted/sold/provided to student-athletes by Department of Athletics and Athletic Medicine personnel must be pre-approved by the sport nutritionist. Please refer to the chart below for all pre-approved supplement/sport foods. Evaluations of specific products not on the pre-approved list will be made available by the sport nutritionist by request.

NCAA Permissible Nutritional Supplements

The following sport foods and vitamin/mineral supplements are permissible per NCAA rules. Other products must be pre-approved for use by the sport nutritionist and for team purchase by the Director of Strength and Conditioning, as this list will only be reviewed on an annual basis.

NCAA Supplement Category	NCAA Rule	Athletic Medicine/Sport Nutritionist Criteria	Approved Products for Purchase by Teams
Vitamins and Minerals	Contain no impermissible ingredients.	* USP Certified preferred. No more than 150% of RDA/DRI for most nutrients.	NatureMade: Multi-Vitamins and Calcium with Vitamin D
Energy Bars	Not more than 30% of calories from protein. Do not contain caffeine, green tea, amino acids or any other impermissible ingredient.	Whole food ingredients when possible. 3 or 4:1 ratio of carbohydrate to protein where appropriate.	CLIF bar, CLIF Z bar, PowerBar Performance Energy, Nature Valley Granola Bars, CLIF Shot Energy Gels (chocolate and vanilla).
Carbohydrate and Electrolyte Replacement Drinks	Not more than 30% of calories from protein. Do not contain caffeine, green tea, amino acids or any other impermissible ingredient.	Sports drinks in a 6-8% solution with electrolytes.	Gatorade, Powerade, Cytomax Collegiate Performance Drink.
Carbohydrate Boosters	Not more than 30% of calories from protein. Do not contain caffeine, green tea, amino acids or any other impermissible ingredient.	3 or 4:1 ratio of carbohydrate to protein where appropriate.	Chocolate milk (preferred), Gatorade Nutrition Shake, Muscle Milk Collegiate RTD's, CherryPharm Natural Recovery, Ensure or Boost.

*USP-United States Pharmacopeia

Eating Concerns

The Princeton University Department of Athletics and the University Health Services view eating disorders as a serious health problem. It is important that there be cooperation among student-athletes, coaches and health-care providers in identifying and providing education, support and treatment for student-athletes suffering or recovering from eating disorders.

An eating disorder can jeopardize the physical and psychological well-being of a student-athlete, as well as affect his/her athletic performance. It is important, therefore, that student-athletes,

coaches, athletic trainers and team physicians be knowledgeable about eating disorders and the resources available at Princeton University to evaluate and treat them. Coaches, athletic trainers and team physicians, as well as student-athletes themselves, have an important role in the identification and management of eating disorders.

Criteria for participation of a student-athlete in intercollegiate sports are based on overall physical health, not on the absence of an eating disorder. Eating disorders are treated like any other injury that may jeopardize an athlete's health and safety. Student-Athletes with a suspected or identified eating disorder should be assured that the concern of Princeton University's health-care providers and athletics personnel is their health and safety. As is the case with any medical condition that restricts sports activity, approval for training and competition is determined by the Director of Medicine, a UHS ED Team Physician.

Resources are available through the UHS Eating Disorders Team to help the student-athlete, coach or athletic trainer who becomes aware, or suspects, that a student-athlete may have an eating disorder. When evaluating or treating an intercollegiate athlete, the UHS Eating Disorders Team will routinely ask and encourage the student-athlete to permit the coach and team athletic trainer to be aware of and involved in their care. Coaches and athletic trainers can have an important role in developing a treatment plan, in motivating a student-athlete to follow the treatment plan and in supporting the student-athlete in his/her recovery.

Without the express written consent of the student-athlete, confidentiality regarding a student-athlete's eating disorder, medical condition and treatment will be strictly respected. More information on weight management and eating issues can be found in the Athletic Medicine section of this handbook.

PRINCETON UNIVERSITY ATHLETIC MEDICINE

Princeton University Athletic Medicine (PUAM) includes multiple health care providers, all of whom are employees of University Health Services (UHS), with the mission of providing the highest quality of healthcare to the student-athletes at Princeton University. The PUAM team is comprised of 13 full time certified and licensed athletic trainers (two of whom are also licensed physical therapists), board certified sports medicine specialists (including an orthopedic consultant), and a sports dietitian, as well as access to other health care providers. PUAM is responsible for providing medical services for the 38 Division I sports and Club Rugby at Princeton University. Student-athletes at Princeton University have health care services available to them at UHS/McCosh Health Center, as all students have, which includes an urgent care facility, 24 hour inpatient services (during the academic year), travel medicine services, women's and men's health services, and counseling and psychological services. In addition, student-athletes have access to the training room facilities, Caldwell Field House and Dillon Gym, where athletic training, physical therapy and other services are available. The PUAM staff is committed to maintaining and improving the health and well-being of the student-athlete, and we look forward to working with each student-athlete during his/her participation here. These services are supervised and coordinated by the Director of Athletic Medicine. In addition, a wide range of medical and surgical specialists are available for consultation, and these services are arranged by the Team Physicians / UHS physicians.

For more information on the Princeton University Athletic Medicine, please see the PUAM Handbook which has been separated from the Student-Athlete Handbook for increased ease of reference.

For a comprehensive introduction to Athletic Medicine Services for Varsity Student-Athletes, please go to <http://www.princeton.edu/uhs/studentservices/athletic-medicine-service/athletic-medicine-varsity/>. This site includes links to on-line health history forms, links to other UHS services, and other important information for student-athletes.

In addition, the Sports Medicine page on the Princeton Athletics website, located under the Tigers Athletics banner, <http://www.goprincetontigers.com> is a useful resource. It includes the sports medicine staff directory, the athletic facilities, and the Emergency Action Plans for each of the venues. Please also see the separate document entitled Princeton University Athletics Medicine.