Dear Bronco Student-Athlete,

A sincere welcome back to all returning student-athletes and our new student-athletes to Boise State University. We are excited to have you as part of the Bronco Family and look forward to seeing you compete athletically and academically.

Being a Bronco is a privilege and we hope you take as much pride in it as we do. It represents something bigger than ourselves and requires a commitment to being a great teammate every day!

Our mission is to develop student-athletes to be leaders academically, athletically and in the community and our department is committed to providing a first-class experience throughout this endeavor. If we stick to having success in those three areas, it will allow us to set the bar high, operate at a more advanced level, and maintain a tradition of excellence that was created by all Broncos who came before you.

To achieve our mission and goals, we will need everyone’s complete commitment to excellence. It is important that you understand what it means to be a Bronco and what is expected when representing our department and this university.

I look forward to watching each of you in competition this year. If you ever need anything, please don’t hesitate to stop by anytime!

Go Broncos!

Curt Apsey
Executive Director of Athletics
capsey@boisestate.edu
(208) 426-1981
## EMERGENCY AND MEDICAL RESOURCES

*All phone numbers use the area code (208) unless otherwise noted*

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<th>Service</th>
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<td>Emergency</td>
<td>911</td>
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<tr>
<td>Boise City Police</td>
<td>208-426-6911</td>
</tr>
<tr>
<td>Campus Security</td>
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<tr>
<td>Domestic Violence Hotline</td>
<td>208-343-7025</td>
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<tr>
<td>Family Advocacy Center</td>
<td>208-577-4400</td>
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<td>Mobile Crisis Unit</td>
<td>208-334-0808</td>
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<td>Primary Health Immediate Care Facility</td>
<td>208-345-1222</td>
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<tr>
<td>Sexual Assault Hotline</td>
<td>208-343-7273</td>
</tr>
<tr>
<td>St. Alphonsus Emergency Room</td>
<td>208-367-2121</td>
</tr>
<tr>
<td>St. Luke’s 24 Hour Nurse Hotline</td>
<td>208-381-1200</td>
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<td>St. Luke’s Emergency Room</td>
<td>208-381-2222</td>
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<td>Suicide Prevention Hotline</td>
<td>800-564-2120</td>
</tr>
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<td>Women &amp; Children’s Alliance</td>
<td>208-343-3688</td>
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## BOISE STATE UNIVERSITY RESOURCES

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<td>my.BoiseState/Registrar</td>
<td>208-426-2932</td>
</tr>
<tr>
<td>Campus ID – Information Desk</td>
<td>208-426-4147</td>
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<td>Financial Aid</td>
<td>208-426-1664</td>
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<td>Health Center</td>
<td>208-426-1459</td>
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<td>Housing</td>
<td>208-447-1001</td>
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<td>Idaho Sports Medicine</td>
<td>208-336-8250</td>
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<td>Office of Student Rights &amp; Responsibilities</td>
<td>208-426-1527</td>
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<td>Parking</td>
<td>208-426-7275</td>
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<td>Testing Services</td>
<td>208-426-2761</td>
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<td>Gender Equity Center</td>
<td>208-426-4259</td>
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STATEMENT OF SHARED VALUES

Boise State University is committed to personal and social development, educational excellence, and civic engagement. Membership in the campus community is a privilege and requires its members to conduct themselves ethically with integrity and civility. Campus community members enjoy the same rights and freedoms that all U.S. citizens enjoy, including personal responsibility for one’s own conduct, behavior and speech.

In a culture of intellectual inquiry and debate, where the search for knowledge and discovery flourish, campus community members are expected to demonstrate civility, abide by norms of decorum, and adhere to the principles of civil discourse. “Being civil means being constantly aware of others and weaving restraint, respect and consideration into the very fabric of this awareness,” (Forni, 2002, p. 9).

Higher education has the duty to educate students to be responsible citizens. Boise State strives to provide a culture of civility and success where all feel safe and free from discrimination, harassment, threats or intimidation.

Boise State University upholds the following values as the foundation for a civil and nurturing environment. Campus community members are expected to adhere to these common values (Josephson, 2002).

ACADEMIC EXCELLENCE
Engage in our own learning and participate fully in the academic community’s pursuit of knowledge.

CARING
Show concern for the welfare of others.

CITIZENSHIP
Uphold civic virtues and duties that prescribe how we ought to behave in a self-governing community by obeying laws and policies, volunteering in the community, and staying informed on issues.

FAIRNESS
Expect equality, impartiality, openness and due process by demonstrating a balanced standard of justice without reference to individual bias.

RESPECT
Treat people with dignity regardless of who they are and what they believe. A respectful person is attentive, listens well, treats others with consideration and doesn’t resort to intimidation, coercion or violence to persuade.

RESPONSIBILITY
Take charge of our choices and actions by showing accountability and not shifting blame or taking improper credit. We will pursue excellence with diligence, perseverance, and continued improvement.

TRUSTWOORTHINESS
Demonstrate honesty in our communication and conduct while managing ourselves with integrity and reliability.

THE BRONCO FAMILY CODE

As a BRONCO, I will always do WHAT IS RIGHT! I will act ethically, honestly, fairly and respect the rights and dignity of all people, at all times.

As a BRONCO:

• I will not lie, cheat or steal
• I will not bully, haze, mistreat, harm or take unfair advantage of anyone
• I will not harass anyone about their race, ethnicity, religion, physical condition or sexual orientation
• I will not take sexual advantage of anyone, by any means or manner (including alcohol, drugs, force or coercion)
• I will not drive under the influence of alcohol or drugs, nor will I get in the vehicle of an impaired driver
• I will not stand by and allow a Bronco to ignore the Bronco Family Code

I WILL always protect the BRONCO Family and . . .

• DO what is RIGHT
• STOP what is WRONG
• TEACH fellow Broncos to follow the Bronco Family Code and RESPECT the Bronco Family
• Responsibly REPORT unethical, dishonest, disrespectful or wrongful behavior

DOING THE RIGHT THING ISN’T ALWAYS EASY,
BUT IT’S ALWAYS RIGHT

INTEGRITY
The purpose of the intercollegiate athletic program at Boise State University is twofold. First, to provide opportunities for a meaningful athletic experience for as many students as possible; and second, to develop and maintain a competitive Division I, FBS (Football Bowl Subdivision) athletic program that competes on a regional and national basis and strives for excellence in both men’s and women’s athletics within the boundaries of integrity and honesty.

The athletic program is an integral part of the University and its total educational purpose. The objectives of the athletic program are in harmony with the mission and role of the University. The University adheres to the principles of fair play and amateur athletic competition as defined by the NCAA. The University is concerned with the welfare of the student-athlete and strives to ensure that every student-athlete has the opportunity to succeed academically and obtain a degree.

Every student at Boise State University who participates in intercollegiate athletics becomes a member of a team. It is a privilege to be a student-athlete. Along with the privilege of being a student-athlete comes added responsibility. The choices you make as a student-athlete are a reflection, be it positive or negative, on you, your team, the department and the University. We want your experience as a student-athlete to be a positive one and want to provide you with the resources you need to make that happen.

We have prepared this handbook to help ease your transition to university life, as well as serve as a resource guide for new and continuing student-athletes. It will answer many questions you may have concerning Boise State as well as help orient you to your athletic program. Because the world of collegiate athletics is always evolving, please consult the most current version of the Student-Athlete Handbook at http://preco.boisestate.edu/student-athlete-handbook.
STUDENT-ATHLETE CONDUCT AND RESPONSIBILITIES

Student-athletes earn the right to be admitted to the University and to its baccalaureate programs. To represent the University in intercollegiate competition is a distinct privilege and must be earned by academic dedication and continuing athletic performance. Therefore, it is understood that the University Policies are adhered to and held in the highest regard as student-athletes are considered representatives of the University.

UNIVERSITY POLICIES

Violations of written University policies or regulations contained in the Boise State University Catalog or University Student Handbook may result in disciplinary action. See the entire Boise State Student Code of Conduct at [http://deanofstudents.boisestate.edu/student-code-of-conduct/](http://deanofstudents.boisestate.edu/student-code-of-conduct/). Some offenses include:

- Academic Dishonesty
- Alcohol Violations
- Bribery and/or Extortion
- Discrimination
- Disorderly Conduct
- Drug Violations
- Firearms/Weapons Violations
- Harassment
- Hazing
- Physical Assault
- Relationship Abuse and Violence
- Sexual Misconduct
- Stalking
- Theft
- Trespassing
- Unauthorized Entry

ACADEMICS

A student-athlete’s major purpose at the University is to pursue an academic degree. As a student-athlete you are subject to all National Collegiate Athletic Association (NCAA), Conference, and Boise State University policies and procedures as well as those of the Boise State Athletic Department. The Student-Athlete Handbook details many of these areas, including information about the various support services within the athletic department, such as academic support, compliance, and sports medicine. However, this handbook is not intended to be all-inclusive and the student-athlete should contact the athletic department with any questions or if further information is needed. You will be held accountable to the Boise State University Student Handbook as well which can be found at [http://deanofstudents.boisestate.edu/wp-content/uploads/Student-Handbook.pdf](http://deanofstudents.boisestate.edu/wp-content/uploads/Student-Handbook.pdf)

The athletic department does not view the student-athlete as merely an athlete. Your major purpose is to obtain an academic degree. The athletic department has a vested interest in the general welfare, academic and athletic achievement of every student-athlete and provides academic assistance to help support a quality educational experience at the University. Each team has a designated Athletic
department academic advisor who helps track the NCAA academic progress of each student-athlete. This person strives to establish communication and cooperation with the student-athlete and his/her campus (major) advisors and professors. The athletic department advisor and the coaching staff will work together to assist you and monitor your progress. However, YOU ARE RESPONSIBLE for your academics.

The athletic department expects every student-athlete to attend all classes and perform all assignments unless sick or traveling with the team or other emergencies arise and conduct himself/herself in ways that are consistent with acceptable classroom performance. When illness or emergencies arise the student-athlete is expected to communicate with the appropriate people, i.e. professors, coaches, trainers, etc. Professors should receive a copy of the team’s travel schedule at the beginning of the season.

Student-athletes are strongly encouraged have a campus academic advisor within their major and to consult with instructors on an individual basis about academic problems or concerns. It is the responsibility of the student-athlete to give full cooperation to college and departmental personnel in all academic matters.

The student-athlete support services of the athletic department are in place to provide student-athletes with some of the resources necessary to meet the demands of balancing participation at the highest level of college athletics with a healthy and successful college life. A student-athlete is a responsible adult. Therefore, all choices and decisions regarding personal and academic life reside with the student-athlete. Rather than fostering dependence, we work to teach the student-athletes to take care of themselves. We encourage student-athletes to develop self-reliance, a quality that will help them throughout their college career.

**ATHLETICS**

The student-athlete is subject to the rules established by coaches and the athletic department. Please note the following rules:

- The student-athlete must participate in practice and games, except when declared unfit by the team trainer or doctor or is in any other way unable to participate through no fault of his/her own.
- The student-athlete must obey the decisions of the coaches regarding manners and behavior on road trips, including dress policies. The conduct of all team members is the responsibility of the accompanying coaching staff.
- The sports information office must coordinate any requests for student-athlete interviews. A member of the sports information staff will arrange a time and place for the interview to be conducted. The student-athlete has an important obligation to both his/her teammates and his/her sport not to make critical comments that may be detrimental to Boise State University. It is everyone’s responsibility to discuss and solve problems within the organization.

**BRONCOMAIL**

BroncoMail will be your default email address for all University matters including important notifications from all University administrative offices and the athletic department, as well as your instructors. It is vital to check your BroncoMail account regularly. You may arrange to forward your personal email to your BroncoMail account to avoid the risk of missing critical information.

**EXIT PROCESS**

Upon completion of your athletic participation at Boise State University, the Athletic department requires that you be offered an opportunity for an in-person exit interview which will be conducted by a faculty member from the Intercollegiate Athletic Advisory Committee (IAAC). Your responses will be reviewed by the Faculty Athletics Representative (FAR) and the Athletic Compliance Office. Your
responses will be confidential, however, if allegations of sexual assault, violence, criminal activity, academic misconduct, discrimination or NCAA violations are made, faculty will be required to report such allegations to campus authorities. This might include disclosing your identity.

The exit process also includes that a student-athlete must undergo an exit physical completed by the Boise State Athletic Training Staff. Refer to the exit process policy outlined on page 51.

HAZING
At no time, does the NCAA, Conference, or Boise State Athletic department condone or support activities that could be described as a hazing activity. No matter how harmless it may seem, it is not allowed on any level and could result in disciplinary action.

DIVERSITY
The athletic department’s purpose towards diversity is to foster an environment of respect for gender and ethnic diversity, create a hospitable climate for all members of the intercollegiate athletic community, and assure equitable opportunities for minority student-athletes and personnel while being proactive in recruiting people of diversity.

INTOLERANCE
The University is committed to creating an educational environment free from intolerance that is directed toward individuals or groups; it strives to create and maintain an environment that fosters respect for others. As an educational institution, the University has a mandate to address problems of a society deeply ingrained with bias and prejudice. Toward that end, the University provides educational programs and activities to create an environment in which diversity and understanding of other cultures are valued. Actions motivated by intolerance violate the principles upon which American society is built and serve to destroy the fabric of the society we share. Such actions threaten the reputation of the University and do untold and unjust harm to those who experience this pernicious kind of discrimination. Intolerance refers to an attitude, feeling or belief wherein an individual shows contempt for other individuals or groups based on characteristics including, but not limited to, age, race, color, religion, sex, national origin, ancestry, disability, veteran status, sexual orientation or political affiliation. Sanctions will be imposed for any violation of University policy, rule or regulation. The expression of diverse views and opinions are encouraged in the University community. Further, the First Amendment of the United States Constitution assures the right of free expression. In a community that recognizes the rights of its members to hold divergent views and to express those views, sometimes ideas are expressed that are contrary to University values and objectives. Nevertheless, the University cannot impose disciplinary sanctions upon such expression when it is otherwise in compliance with University regulations.

BOISE STATE UNIVERSITY’S NON-DISCRIMINATION POLICY
It is the policy of Boise State University to comply with all federal, state and local authorities requiring nondiscrimination, including but not limited to Title VI of the Civil Rights Act of 1964, the Civil Rights Restoration Act of 1987, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act of 1990 (ADA), the Age Discrimination Act of 1975 and Executive Orders 12898 (Environmental Justice) and 13166 (Limited English Proficiency). Boise State University is an equal opportunity employer.

The University does not exclude from participation in, deny the benefits of, or subject any individual to discrimination on the basis of race, color, national origin, sex, sexual orientation, gender identity, disability, income, protected veteran status, limited English proficiency or any other status protected under applicable federal, state or local law. For Boise State’s non-discrimination policies and grievance
procedures, please see Boise State Policies 1060, 1065, and 1070 at policy.boisestate.edu.

For more information or if you believe you have been subject to discrimination on the basis of sex, sexual orientation or gender identity, please contact Boise State’s Title IX Coordinator:

Director of Title IX Compliance
Administration Building, Suite 305
1910 University Drive, Boise, ID 83725-1500
208-426-1258
reportdiscrimination@boisestate.edu

For more information or if you believe you have been subject to discrimination on any other basis, please contact:
Alicia Estey
Associate Vice President for Campus Operations
Administration Building, Suite 305
1910 University Drive, Boise, ID 83725-1500
208-426-1258
aliciaestey@boisestate.edu

You may also file a complaint with:
U.S. Department of Education - Office of Civil Rights (OCR)
810 3rd Avenue #750, Seattle, WA 98104
206-607-1600
OCR.Seattle@ed.gov

PROVIDING EQUAL ACCESS TO STUDENTS WITH DISABILITIES
Boise State University is committed to creating a diverse and inclusive campus environment by abiding by the letter and spirit of the Americans with Disabilities Act and Section 504 of the Rehabilitation Act. Accordingly, the University does not discriminate against persons with disabilities and strives to provide an exceptional academic experience for students with disabilities by providing reasonable and appropriate accommodations for equal and easy access.

Boise State University’s Educational Access Center (EAC) coordinates services to meet the educational needs of students with documented disabilities. The EAC works with students and faculty to arrange reasonable accommodations and promote an environment that is free of both physical and attitudinal barriers.

Students with disabilities needing accommodations to fully participate in academic programming should contact the EAC. All accommodations must be approved through the EAC prior to being implemented. To learn more about the accommodation process, visit the EAC’s website at http://eac.boisestate.edu.
PERSONAL CONDUCT


The student-athlete is subject to the rules established by coaches and the athletic department. Each team will have team rules that will be distributed to the team member. Please note the following rules (this is not an all-inclusive list):

• The student-athlete must participate in practice and games, except when declared unfit by the team trainer or doctor, or is in any other way unable to participate through no fault of his/her own. The student-athlete is expected to follow the assigned treatment plan to return to play as soon as possible.

  It is the decision of the head coach if a student-athlete is allowed to redshirt for non-medical reasons.

• The student-athlete must obey the decisions of the coaches regarding manners and behavior on road trips, including but not limited to dress code policies. The conduct of all team members is the responsibility of the accompanying coaching staff.

  Conduct Policy

If a student-athlete violates policy or the law ON or OFF campus the student-athlete is required to notify his/her coach in accordance with team rules. If there is not a specific team rule for the reporting of conduct incidents, it must be reported to the coach immediately, but no later than 24 hours after the incident has occurred. This includes any citation or conduct referral he/she receives in the residence halls. The coach will notify the senior associate athletic director/internal operations/SWA. A meeting will be held with the student-athlete and the senior associate AD within five days of the incident to initiate the student conduct process. It is important that the student-athlete follow the conduct process from start to finish. This can affect a student-athlete’s eligibility.

BEHAVIOR CONTRACTS

Unless required by the executive director of athletics, each athletic team has the discretion to decide whether to use behavioral contracts in addressing the conduct of its student-athletes. If an athletic team chooses to use behavioral contracts, they will do so in accordance with applicable NCAA and Conference rules and Boise State policies and without regard to age, race, color, national origin, sex, sexual orientation, gender identity, disability, income, protected veteran status, limited English proficiency or any other status protected under applicable federal, state or local law. Student-athletes must remember that continued participation in collegiate athletics is a privilege rather than a right. Entering into a behavior contract does not convert this privilege to a right.

REMOVAL FROM A TEAM

Participation in collegiate athletics is a privilege rather than a right. A student-athlete may be removed, placed on probation or disciplined accordingly at the discretion of the team’s coach or athletic administration for any reason, including but not limited to academic, conduct and performance, as long as the decision is without regard to age, race, color, religion, sex, national origin, ancestry, disability, veteran status, sexual orientation or political affiliation, and is compliant with NCAA and Boise State policies. If a student-athlete is not showing up for any team related activities and is not responding to the coaching staff, the head coach should notify the athletic compliance office. The compliance office will send the student-athlete a roster deletion form to confirm that they are no longer interested in participating in the program. If a student-athlete is removed from the team, the head coach must notify the compliance office within 48 hours of removal. The compliance office will email the roster deletion
form to the student-athlete and that form must be completed within 10 business days of being notified of removal.

As part of the exit process an exit physical must be completed by the sport certified athletic trainer. If the student-athlete does not complete the form or exit physical within the 10 business days, a hold will be placed on their student account and the student-athlete will not be able to drop/add classes or obtain a transcript until the form is completed. Refer to the exit process policy outlined on page 51.

TRANSFER PROCESS
It is against NCAA rules for a student-athlete to speak to another four-year institution prior to receiving permission to contact from the athletic compliance office. Student-athletes who would like to request permission to speak to another institution must first speak to their head coach about the transfer. The coach will notify the compliance office, who will then send the student-athlete the roster deletion form. The roster deletion form must be completed before permission to speak to other institutions is granted. The permission to contact allows the student-athlete to speak to other institutions, however, this is not a release for competition at the next institution. The decision to grant a release will be made after the completion of the final semester that the student-athlete completes. The student-athlete needs to be aware that they are still held accountable for their athletic and academic eligibility while enrolled at Boise State University.

If Boise State denies a student-athlete's request to permit any other institution to contact the student-athlete about transferring, the University shall inform the student-athlete in writing that he or she, upon request, shall be provided a hearing conducted by an institutional entity or committee outside the athletic department. The University shall conduct the hearing and provide written results of the hearing to the student-athlete within 15 business days of receipt of the student-athlete's written request for a hearing. The student-athlete shall be provided the opportunity to actively participate (e.g., in person, via telephone) in the hearing. If the University fails to conduct the hearing or provide the written results to the student-athlete within 15 business days, permission to contact the student-athlete shall be granted by default and the University shall provide written permission to the student-athlete.

UNETHICAL CONDUCT
In addition to institutional and department guidelines about conduct, the NCAA has a rule regarding unethical conduct. Unethical conduct by student-athletes, as well as staff and coaches, shall be subject to disciplinary action as set forth in the NCAA enforcement procedures. Student-athletes found in violation may be ineligible for further intercollegiate competition. A student-athlete who is determined to have engaged in unethical conduct shall be ineligible for intercollegiate competition in all sports. As stated in the NCAA Manual Bylaw 10.1 and below, unethical conduct consists of, but is not limited to:

• Fraudulence in connection with entrance or placement examinations;
• Engaging in any athletic competition under an assumed name or with intent otherwise to deceive;
• Dishonesty in evading or violating NCAA regulations;
• Knowingly furnishing the NCAA or the individual’s institution false or misleading information concerning the student’s involvement in or knowledge of matters pertaining to a violation of NCAA regulations.

SEXUAL MISCONDUCT
If you or someone you know is the victim of sex or gender-based discrimination or harassment, sexual assault, domestic violence, dating violence or stalking, know that the University has a full range of supportive resources and has a process for responding to such incidents. See University Policy 1065 for detailed information.
Victims may seek confidential support through the Gender Equity Center (208-426-4259), University Health Services (208-426-1259), or University Counseling Services (208-426-1459).

Students are also encouraged to file a report to the Title IX coordinator (208-426-1258 or reportdiscrimination@boisestate.edu).

A crime can be reported to University Public Safety (208-426-6911) and/or Boise Police. In an emergency, always call 911. Emergency telephones are located throughout the campus.

If you or someone you know is accused of sex or gender-based discrimination or harassment, sexual assault, domestic violence, dating violence or stalking, the University also provides resources to you. See University Policy 1065 for detailed information.

Finally, you can talk with a staff member such as a coach, support staff member or administrator in athletics. You are encouraged to meet with Boise State Senior Associate AD, Christina Van Tol, (208-426-1655 or cvantol@boisestate.edu) for any reason, including sexual assault and/or misconduct.

**RECRUITING EXPECTATIONS FOR HOSTING A RECRUIT**

Hosting a prospect is the only time a student-athlete can be involved in the recruiting process. You must fill out a host form with the athletic compliance office prior to hosting any recruit. It is permissible for you to receive $40 per day for food and entertainment. Nothing with a tangible value maybe be purchased with the host money. It is also permissible for you to receive complimentary meal(s) in conjunction with the official visit.

The NCAA mandates the following conditions need when involved with any unofficial or official campus visits of prospects.

- The use of sex, alcohol, drugs, gambling and any other illegal activities are strictly prohibited in the recruiting process.
- Drug use or the association with drug use is strictly prohibited.
- Underage drinking is strictly prohibited.
- The use of sex, prostitution, strippers or attending a gentlemen’s club or activities associated thereof, is strictly prohibited during your visit.
- All types of gambling/gaming activities are strictly prohibited.
- Curfews for all visiting recruits are determined by the head coach.
- Private or chartered airplanes cannot be used to transport the recruits to campus. Only commercial air travel at coach-class fares can be used.
- Standard vehicles must be used to transport the recruit to and from campus.
- Recruits may only be housed in standard lodging and meals must be similar to those offered on campus.
- The institution is prohibited from arranging miscellaneous recruiting aids (e.g., personalized jerseys, personalized audio/video scoreboard presentations) and any game-day simulations during a recruit’s official visit.
- You may not publicize a prospect’s visit to campus in any way. This includes publicizing his/her visit through social media, i.e. Twitter, Facebook, Instagram, etc. It is not permissible to post pictures of yourself and the recruit until after the recruit has signed an National Letter of Intent. This also includes retweeting posts by others who are commenting on a recruit’s visit to campus.
MEDIA RELATIONS
When dealing with members of the media, whether in a formal interview or in a relaxed setting, remember that everything you say and do is always on the record. Keep in mind that you as the student-athlete have the right to privacy. You do not have to release information, regardless of what you are told by the reporter. It is also important to remember that the media does provide Boise State University with a great deal of positive exposure and keeping a good relationship with them is critical. Prior to speaking with the media you must contact your coach and/or the sports information director for your sport.

The sports information office must coordinate all requests for student-athlete interviews. A member of the sports information staff will arrange a time and place for the interview to be conducted. The student-athlete has an important obligation to both his/her teammates and his/her sport not to make critical comments that may be detrimental to Boise State University. It is everyone’s responsibility to discuss and solve problems within the organization.

SOCIAL NETWORKING WEBSITES AND APPS
Social networking sites are used by the majority of student-athletes at Boise State. Student-athletes should remember that they are ambassadors of the University and always in the public eye. Content posted by student-athletes at other institutions or even by other students on campus may not be acceptable on the profile of a Boise State student-athlete. Be advised that staff, coaches, University officials, the NCAA, law enforcement and future employers are checking profiles for inappropriate photos, comments and activities that violate campus policy, underage drinking, etc. Inappropriate material found by third parties affects the perception of the student, the athletic department, and the University. This can be detrimental to a student-athletes future employment options and the reputation of Boise State.

Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:
- Posting photos, videos, comments or posters showing the personal use of alcohol and tobacco (e.g., holding cups, cans, shot glasses, etc.).
- Posting photos, videos or comments that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
- Posting pictures, videos, comments or posters that condone drug-related activity. This includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia.
- Using inappropriate or offensive language in all comments, videos and other postings. This includes threats of violence and derogatory comments against race and/or gender.

For your own safety, please keep the following in mind as you participate in social networking websites:
- Consider setting your security settings to private, so that only your friends can view your profile as well as your pictures.
- You should not post your email, home address, local address, telephone number(s), or other personal information as it could lead to unwanted attention, online predators, stalking, identity theft, etc.
- Be aware of who you add as friends on social media – many people are looking to take advantage of student-athletes or to seek connection with student-athletes.
- Consider how the above behaviors can be reflected in all social networking applications.

You should review your team rules, as some coaching staffs may prohibit certain types of social media participation. Student-athletes may be subject to disciplinary action, up to and including loss of scholarship and team participation, if there is any negative misrepresentation of the University and/or athletic department.
TEAM TRAVEL

All student-athletes must remain with their team and coaches when traveling for the purpose of competition. If it becomes necessary for a student-athlete to travel separately at a competition from the rest of the team, the coach must seek prior permission to be granted by the executive director of athletics or his designee. If this is not completed prior to leaving Boise then permission is automatically denied. A student-athlete travel release form must be signed by the student-athlete, acknowledging a release of liability of the team, the coaching staff, the athletic department and the University. If the student-athlete is under the age of 21, the parents must also give prior approval for travel if the student is not traveling with the parents. The form also requires the coach’s signature and the senior associate athletic director’s signature. Permission will be granted on a case-by-case basis, as evaluated by the athletic administration. Otherwise, all student-athletes must travel together as a team. Student-athlete shall not travel or participate in an event while receiving University resources without the supervision of a member of the coaching staff. However, if an exception is requested and approved for a student-athlete to return home without the team, he/she is required to return to campus within 48-hours of the end of the competition in order to receive travel expenses.
ACADEMIC SUPPORT CENTER FOR STUDENT-ATHLETES

The athletic department’s academic support center for student-athletes is located in the Peterson-PRECO Learning Center (PRECO). The facility houses academic advising offices, a computer lab, several group tutoring areas, a spacious study area, as well as individual and group study rooms. The staff of the academic support center provides support services for student-athletes through academic and career counseling, tutoring and academic programming. The staff also assist student-athletes in balancing their academic and athletic demands while serving as a supplement to the major academic advisors housed in each student-athlete’s college of enrollment. The academic support center offers a variety of programs and support structures to assist all Bronco student-athletes to maximize their academic performance. Every effort is made to meet the student’s individual needs. However, as with all support, the student is the key. They must use the resource effectively and fully to maximize the benefit.

ACADEMIC INTEGRITY

Academic integrity is the pursuit of scholarly activity free from fraud and deception and is an educational objective of Boise State. Academic dishonesty includes, but is not limited to, cheating, plagiarizing, fabricating of information or citations, facilitating acts of academic dishonesty by others, having unauthorized possession of examinations, submitting work of another person or work previously used without informing the instructor or tampering with the academic work of other students.

Faculty role

At the beginning of each course, it is the responsibility of the instructor to provide a statement clarifying the application of academic integrity criteria to that course. A student charged with academic dishonesty will be given oral or written notice of the charge by the instructor. If students believe they have been falsely accused, they should seek redress through informal discussions with the instructor, department head, and dean or campus executive officer. If the instructor believes that the infraction is sufficiently serious to warrant the referral of the case to the office of conduct standards, or if the instructor will award a final grade of “F” in the course because of the infraction, the student and faculty member will be afforded formal due process procedures.

Consequences for academic dishonesty

In addition to any penalties imposed by individual instructors or the office of student rights and responsibilities, student-athletes who commit academic dishonesty may be subject to an immediate 10% withholding from competition, including, if necessary, postseason competition and competition the following year. Academic dishonesty includes, and is not limited to, using another person’s words and ideas without proper acknowledgement (i.e., plagiarism), submitting someone else’s work as your own, cheating on an exam or other course assignment and providing false information to an instructor.

Mandatory online tutorial for new students

All incoming (first-year and transfer) student-athletes must complete an online tutorial about academic integrity at https://studentlifeforms.boisestate.edu/dos/academic-integrity/?type=athletics before the end of the sixth week of your first semester at Boise State University. You are required to work through each page of the tutorial and then take a short test at the end of each module. You must successfully complete the test by scoring 100%. There is no cost associated with this tutorial. Failure to successfully complete the tutorial by the deadline will result in a hold being placed on your account and will prevent you from registering for courses the following semester until you complete the tutorial.
ACADEMIC EXPECTATIONS OF STUDENT-ATHLETES

1. Student-athletes should be familiar with Boise State University policies regarding classes and attendance as printed in the latest edition of the Boise State University Student Handbook.

2. Students are to know and abide by the policies and procedures of the NCAA, Conference, University, and the athletic department academic support center for student-athletes.

3. Students are to fulfill all expectations and requirements of their courses, including those that apply to attendance, participation, submitting assignments on time and completing quizzes, tests and final examinations on the scheduled dates.

4. When traveling during the academic calendar, student-athletes should request instructors’ policies on attendance and making up missed assignments for all courses in which they are enrolled. Students must take the initiative to talk to the instructor about making up work missed because of an excused absence. Student-athletes must provide their professors with a copy of their travel schedule at the beginning of each semester in the form of an official athletic department travel letter.

5. Students should seek out the advice or help of the professor about difficulties in a course, preferably during the professor’s regular office hours, or if that time is not possible, by appointment with the professor at another time.

6. Students are to report their academic progress during the semester to their team’s designated athletic department academic advisor as well as their coach.

7. Students should consult their University major advisor when preparing their course schedules every semester.

8. Students should speak with their athletic department academic advisor and/or University major advisor right away if they are having difficulty in a course.

9. Students should understand that tutoring is never a substitute for class attendance.

10. Students should keep accurate records of their progress toward their degree as well as know their academic department, college, and University graduation requirements by meeting regularly with both their athletic department academic advisor and their University major advisor.

ATHLETIC DEPARTMENT ACADEMIC ADVISING

The athletic department academic advisors are available for a wide range of academic advising and academic skills building. Academic advisors will work with you and your University major advisor throughout your academic career to support you in your pursuit of your degree. Assistance may be provided as:

- Individual study skills and time management meetings.
- Facilitating group or individual tutoring.
- Assisting to effectively access the many academic service resources available on Boise State’s campus.
- Providing general major and career counseling in consultation with major advisors.
- Helping team coaches monitor class attendance and grade progress with University instructors.
- Monitoring progress towards degree and applicable academic eligibility standards.

ATHLETIC ACADEMIC ADVISORS, MAJOR COLLEGE ADVISORS, AND THE STUDENT

What is the role of your athletic department academic advisor?

Your athletic academic advisors are a source of information regarding registration procedures, course offerings, educational opportunities, and degree programs and how those choices can affect your academic/athletic eligibility. Your athletic academic advisors can assist you with short term planning, such as the selection and adjustment of semester courses, or give advice and guidance for long range planning of career possibilities and further educational needs. Your athletic academic advisors are trained to help you with your program planning, course selection, personal and professional goals and career objectives.
What is the role of your major/college advisor?
You should obtain an academic advisor in your college of enrollment or major program of study. These advisors are available to assist you with academic planning, course scheduling and career planning for your specific major of choice. Major advisors play a vital role in a successful college career. You should be in contact with their major/college advisors every semester.

What is your responsibility as a student?
Advisors are there to help you, not to do your work for you. Be prepared to take an active role in planning your college career. You are responsible for completing degree requirements and keeping a check sheet of these fulfilled requirements. You must also be aware of your athletic/academic eligibility issues. University major advisors and athletic academic advisors can make suggestions and offer guidance, but in the end you are responsible for implementing the action. Take control of your academic program and use your advisor’s resources so you can be accountable for course scheduling and registration deadlines.

THE GOAL: GRADUATION
How to Prepare
Accumulating credits or attending school for a certain period of time does not automatically entitle you to a diploma. You need to make sure that you have satisfied all the University, college, and major requirements that were in effect at the time of your most recent admission. If requirements have changed since your admission, you can choose which set of requirements to follow (these are noted in the annual University Catalog). You need to officially apply for graduation on my.BoiseState and pay the diploma fee. Applications can be obtained via your my.BoiseState student account and should be submitted at the start of the semester in which you intend to graduate.

Talk to Your Major Advisor
It is important to meet with your major advisor or a representative from your academic college regularly to determine your academic standing with regard to graduation requirements. Completing this step could help you avoid unnecessary complications when it’s time to graduate from Boise State.

Find the Answers
The Boise State University Student Handbook is a complete listing of all the rules and regulations of the University and can be a valuable asset to any student. The handbook and other helpful information can be located at http://deanofstudents.boisestate.edu/wp-content/uploads/Student-Handbook.pdf. The Boise State online undergraduate catalog shows the requirements of each degree program. This is a key source of information for you to use in planning your course selection each semester.

PRECO COMPUTER LAB
The PRECO computer lab provides 29 stations with access to word processing, databases, spreadsheets, and the Internet. There are two laser printers and a scanner available. Available software includes Microsoft Office, SPSS and Adobe.

Lab Rules
• Please use a personal memory storage device (flash drives, etc.) at all times to save your work. All computers in PRECO will be completely “wiped clean” every night.
• Be respectful of the lab’s learning environment. Any activity which does not promote this atmosphere will be grounds for immediate dismissal from the facility.
STUDY HALL
Athletic academic advisors and coaches set up required study hours at the beginning of each academic semester. Study hours each week are calculated Sunday through Friday. Typical study hall hours during the academic year are:

- Sunday, 4pm-9pm
- Monday-Thursday, 8am-9pm
- Friday, 8am-4:30pm
- Saturday, Closed

Study Hall Rules
- A student-athlete attending study hall may check in or out only for him/herself. All hours must be logged in the study hall tracker program by a member of the academic center staff.
- Come to study hall prepared to study for the entire required time. Have required books, notebooks, materials, etc.
- Proper attire must be worn in study hall.
- Study hall is not to be used for emailing, surfing the internet or socializing. Credit is only given for time spent on task or studying.

TUTOR SERVICES
Tutoring is not just for students who are struggling in a course; it is for all student-athletes wishing to maximize their performance in a class. The academic advisors utilize qualified tutors and tutor services from across campus as well as help in arranging student-athlete individual and group tutors. For information on tutor services and the procedure for obtaining a tutor, contact your team’s academic advisor.
ACADEMIC POLICIES AND PROCEDURES

UNIVERSITY ADMISSION STATUS

Regular Status
You meet all requirements for admission to the University. No special restrictions apply to your admission.

Provisional Status
If you are admitted to Boise State University with provisional status, you are required to complete 14 credits of specific course work within three semesters. The 14 credits must include one English composition course (English 101 or 102), UF 100 Intellectual Foundations, and two courses representing two different Disciplinary Lens (DL) Courses – DLL, DLM, DLN, DLS, DLV. You must earn a grade of “C-” or better in each of these classes. You are assigned provisional status if any of the following apply:
• You met Boise State University’s requirements for high school grade-point average and ACT/SAT scores, but did not complete the Idaho College Admission Core.
• You earned a General Equivalency Diploma (GED) instead of a high school diploma.
• You were originally denied admission to the University, but were then admitted by the special admissions committee after requesting that the committee review your application.

Conditional Status
You have been accepted for admission, but have been granted this temporary status because the transcript you submitted was incomplete. Once the admissions office reviews your complete, official transcript you will be assigned a final admission status. Your admission under conditional status may remain in effect for no longer than one semester. You will not be able to register for subsequent semesters until your status changes.

Probationary Status
You must attain at least a 2.0 grade-point average in your first semester at Boise State. If you fail to do so, you may be dismissed from the University and will be ineligible to attend Boise State for at least one semester. If you are dismissed from the University a second time, you will be ineligible to attend for at least one year. You are assigned probationary status if any of the following apply:
• You transferred to Boise State with less than a 2.0 grade-point average for your previous college-level study.
• You attended Boise State and left the University while on academic probation.
• Even if you have successfully completed courses at another institution since leaving Boise State, you will re-enter Boise State on probationary status.

CLASSIFICATION OF STUDENTS
After registration, students at Boise State are classified as follows:
Freshman: 0 semester credits through 25
Sophomore: 26 semester credits through 57 or enrolled in associate, diploma or certificate program
Junior: 58 semester credits through 89
Senior: 90 semester credits and over or enrolled in second baccalaureate degree program
Graduate: Has received a baccalaureate degree and enrolled in a graduate level degree program
Upper division status generally means you have reached junior class standing (58 semester credits completed). Some academic departments have additional processes and applications to be able to enroll in 300-level or 400-level courses in those departments. Examples include, communication, criminal justice, kinesiology, social work and all majors in the College of Business and Economics and the College of Education.

**DEADLINES**
In order to take full advantage of academically-related actions that are available, certain deadlines must be met within a specified time limit during the semester. A complete list of important academic actions and deadlines are listed on the calendar available in this year’s University Catalog, the Boise State Registrar’s Office website (Academic Calendars) and at www.boisestate.edu and my.boisestate.edu.

**DEGREE COMPLETION PROGRAM**
The Boise State Athletic department is committed to assisting students to reach their goal of a college degree even if they have exhausted their athletic eligibility. Degree completion students have access to all the academic support services. All requirements must be met in order to be accepted into the degree completion program and eligibility is reviewed every semester. Applications are due by the end of the scholarship student-athlete’s last semester of athletic eligibility. A different process for receiving aid applies to student-athletes who leave the University without graduating, then return to school to complete their degree. Contact your team’s academic advisor for more information.

**MAXIMUM ENROLLMENT: 15 CREDITS**
You are considered to be “full-time” if you are registered for 12 credits, anything less is part-time. Please note: if you are on an athletic scholarship, the maximum tuition paid will be for 15 credits. You will be responsible to pay for any credits beyond 15, as well as the resulting “overload fee”. Overload fees begin whenever you “attempt” more than 15 credits in a semester—be very careful when dropping/adding after the first week of the semester. The student-athlete is responsible to drop/add all courses and must be aware of their registration situation at all times. Failure to be fully aware of registered courses could lead to financial and eligibility issues.

**MISSED CLASS POLICY**

*Travel Absences*
If a class conflict is caused by travel to away games, your professors are usually more than willing to assist you in resolving this conflict when advance notice is given. You will be given a letter from your coach/athletic academic advisor to give to each of your instructors at the beginning of each semester. Your travel schedule will be attached to this letter. The letter will state that you will make up any missed assignments due to team travel and that you will remind your instructor in person of an approaching travel date. Be sure each of your instructors receives this letter! By University policy, faculty must have at least a 10-day notification. The letter only excuses you if you are on the actual travel squad for that contest and only for actual time missed.

*University Missed Class Policy Statement*
A student is permitted to be absent from class because he or she is participating in an official University-recognized activity. “Official absence” is defined as absence(s) from class because the student is representing Boise State University at an official, University-recognized event. Such events include those scheduled by athletics, band, forensics, cheer/dance, music, theatre, and other events designated as official by an authority as determined by the faculty senate and /or University administration. At no time should a student-athlete misrepresent themselves to professors by asking for class excuses to attend “open events” (non-intercollegiate activity). Once this becomes known to the athletic administration, the
student-athlete will be immediately suspended from team participation and face further disciplinary actions.

Responsibility and Procedures
Student:
Official absence excuses the student only from attending class or other formal instruction during the absence. Students have both the right and the responsibility:
• To make up any work missed during their official absence.
• To make up examinations given during their official absence.
• To have the same privileges as other students in the class.
• Students shall make sure the instructor is notified of the official absence in writing by the sponsoring organization at least 10 days in advance of the absence. Otherwise, official absence status can be jeopardized.

Faculty:
• To excuse a student from attending class or other formal instruction during the official absence.
• To not penalize a student for such absence.
• To allow a student to make up any work missed during his or her official absence.
• To preserve the same privileges as other students in the class.

Activity Sponsor:
Activity sponsors (athletics, band, dance, etc.) have the responsibility:
• To notify instructors, in writing, of official absences or anticipated absences by students at least 10 days in advance of the absence.
• To deliver the notice to the instructor via the student on official University stationery with dates and approximate departure and return times for official absence.
• Note that the activity sponsor and the student are jointly responsible for timely delivery of the notice. Failure to deliver the notice at least 10 days in advance can jeopardize the student’s official absence request.

Department Heads and Deans:
• Academic department heads and deans are responsible for ensuring that the faculty members are apprised of this policy.
• Non-adherence to this policy will be reflected in the performance evaluation of administrative personnel responsible for promulgating this policy, or faculty responsible for implementing it, as appropriate.

Proctoring of Examinations
Student-athletes should make arrangements to complete coursework/examinations before scheduled travel or after returning to campus. Should it be required that examinations be taken while away from campus for athletically related travel, the following procedures will be followed:
• The proctor will be a member of the Boise State University faculty. Athletic department employees without faculty status will not proctor examinations for student-athletes on or off campus. Sport coaches may not proctor exams.

Prior to the travel date:
• The faculty athletics representative will be informed in writing of the names of the student-athletes, the proctors and the professor for the course. The faculty athletics representative will give approval of the individual identified as the proctor.
• The professor for the course will give the test materials, including written instructions for testing procedures (length of time, use of textbook, calculators, dictionaries, etc.) to the proctor.
• Having checked with all individuals involved, the faculty athletics representative will give written approval to the proctor.
• After completion of test, the proctor will sign, seal and deliver to the professor for the course.

POSTGRADUATE SCHOLARSHIPS
A number of postgraduate scholarship awards provided by the NCAA and other organizations open for applications throughout the year. Criteria, availability and deadlines vary. For more information, contact Sara Swanson (saraswanson@boisestate.edu). Examples of postgraduate awards are:
• Ethnic Minority and Women’s Enhancement Postgraduate Scholarship for Careers in Athletics
• Jim McKay Scholarship Program
• NCAA Postgraduate Scholarship
• Walter Byers Postgraduate Scholarship Program.

REGISTRATION AND COURSE SCHEDULING
Student-athletes have the privilege of priority registration. This is a benefit, not a right. In order to take advantage of this you must follow the proper protocol. All student-athletes are strongly encouraged to consult the University catalog as well as work closely with their major academic advisor in choosing courses. Each student-athlete should meet with their major advisor prior to registration for any term. Directions for registration at Boise State University are detailed on my.BoiseState. The schedule of available classes is only available on-line through my.BoiseState.edu or via the Boise State Registrar’s website (http://registrar.boisestate.edu). If you have questions about the registration procedure at Boise State, call the my.BoiseState Help Desk at 208-426-2932 or bweb@boisestate.edu.

SCHEDULING FOR PRACTICE
Confirm your practice and travel schedule with your coaching staff prior to registering for the next semester’s courses. Use this information when scheduling courses to avoid conflicts. Student-athletes ARE NOT EXCUSED to miss class to attend regular athletic practice – plan accordingly.

SUMMER SCHOOL
Boise State University offers a variety of courses and sessions during the summer. The athletic department is committed to helping students move toward graduation in their degree. Summer sessions can be a valuable way to move toward this goal. All student-athlete support services continue through the summer. There are some limitations on summer school based on a variety of scholarship, eligibility and funding issues. However, every effort will be made by the athletic department to meet the needs of student-athletes during the summer sessions. Please address your questions about summer school to your coach and/or your team academic advisor. There are two ways to take summer school classes. The processes are listed below:

Summer School at Boise State
The following steps should be followed to petition athletics to pay for summer school:
• Schedule an appointment with your Athletic department Academic Advisor to select an appropriate class for summer.
• Enroll in the class.
• The athletic compliance office will review all summer schedules and create a grant in aid for you.
• You will receive an email from the compliance office to sign your summer contract. Athletic aid is based on your athletic equivalency from the previous academic year.
• If you receive a withdraw, D/D+/D- or F, you may be required to pay back some or all of your summer aid
Summer School at Other Institutions
Students may take courses at another college or university during summer session for the purpose of earning credits toward a degree program at Boise State, provided that prior approval is granted. The following steps should be followed to ensure the PRIOR APPROVAL and acceptance of the transfer credits:

• Schedule an appointment with your athletic academic advisor to discuss your plans, the appropriate course selection and the procedures for approval.
• Provide a copy of the course description for the course(s) that you plan to take (at the transfer institution) to the registrar’s office in the administration building.
• You will be given a copy of the approval with instructions on obtaining an official transcript with your summer grades.
• Enroll and complete the course.

Failure to comply with this PRIOR APPROVAL process will jeopardize your eligibility. Boise State cannot pay for summer school courses taken at other institutions.

TUITION AND OTHER CHARGES
Tuition and other charges must be paid in full on the student-athlete’s account in order for the student-athlete registration to be complete.
ACADEMIC ELIGIBILITY REQUIREMENTS

Boise State University monitors the academic progress of student-athletes in accordance with rules and regulations of the NCAA, Conference, and University policies. The University Registrar maintains the official academic record of each student. The academic support center for student-athletes maintains unofficial records of student-athletes and works directly with student-athletes, coaches, compliance, registrar and the faculty athletic representative regarding academic progress and athletic eligibility. The faculty athletic representative grants the final determination of eligibility.

MY.BoISESTATE REGISTRATION

my.BoiseState (my.boisestate.edu), in partnership with Boise State Athletics, helps to ensure compliance with NCAA rules. If you are a student-athlete, the my.BoiseState system will NOT allow you to drop below 12-credits for any reason. What does this mean for you?

SWAP to DROP/ADD

The best way to stay above 12-credits at all times and also avoid going into overload fees when changing your class schedule is to use the My.Boisestate student center’s SWAP function. This function allows you to switch courses or sections directly without formally dropping and adding. Please see your athletic academic advisor for information about using the SWAP function to make class changes.

You are in Charge of Your Final Schedule

Only YOU can drop and add courses. Your schedule and your fines with related holds will remain – and accrue late fees from the University – until you take care of them. Athletic personnel are unable to make any changes to your registered courses. All fee, hold and financial aid information is available to students on my.BoiseState. My.BoiseState accounts should be checked REGULARLY.

DEGREE PROGRESS REQUIREMENTS

A student-athlete shall represent the University in intercollegiate athletics only if the student-athlete has acquired the designated number of degree-applicable credits at the beginning of each appropriate semester. A student-athlete must be the enrolled as a degree candidate and is expected to maintain the highest possible grades.

<table>
<thead>
<tr>
<th>BEFORE ENTERING…</th>
<th>TOTAL CREDITS EARNED* PRIOR FALL/SPRING</th>
<th>TOTAL CREDITS EARNED*</th>
<th>GPA EARNED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Third Semester</td>
<td>18</td>
<td>24</td>
<td>1.80</td>
</tr>
<tr>
<td>Fifth Semester</td>
<td>18</td>
<td>40% of degree total</td>
<td>1.90</td>
</tr>
<tr>
<td>Seventh Semester</td>
<td>18</td>
<td>60% of degree total</td>
<td>2.00</td>
</tr>
<tr>
<td>Ninth Semester</td>
<td>18</td>
<td>80% of degree total</td>
<td>2.00</td>
</tr>
</tbody>
</table>

*all credits must apply to the student-athlete’s declared major

A grade point average of 2.0 (or higher in some degree programs) is necessary to enter a major and to graduate from the University. In addition to completing 24 credits in the first year of resident, student-athletes must complete 40% of their degree requirements prior to the beginning of their third year (fifth semester) of residence, 60% by the beginning of their fourth year (seventh semester) in residence, and 80% by the beginning of their fifth year (ninth semester) in residence in order to be eligible to compete.
DESIGNATION OF DEGREE PROGRAM
In accordance with NCAA rules and regulations, prior to the start of the third year (fifth full-time semester), a student-athlete must designate a specific degree program as a major and from that point credits used to meet the degree progress requirements must be applicable to the designated degree program. This rule also applies to continuing and transfer student-athletes. Designation of a specific degree program may be accomplished by formal enrollment in the specific baccalaureate program or approval by an appropriate University academic official for the program leading to the intended baccalaureate degree. For the appropriate procedure, contact your college major advisor.

FULL-TIME ENROLLMENT
Undergraduate Student-Athletes
NCAA policies mandate that only full-time (12 credits or more during a semester) candidates for a baccalaureate degree shall represent Boise State in an intercollegiate athletics contest. If a student-athlete drops below full-time status at any time during the semester, he or she immediately becomes ineligible to practice or compete. An exception may be made if you are in your final semester to graduate or for a student-athlete with a diagnosed learning disability. This is done through a NCAA waiver. Dropping a course should be given very careful consideration. You must consult with both your athletic academic advisor and your major advisor BEFORE dropping any courses.

Graduate Students
A graduate student may be eligible to participate in intercollegiate athletics provided he or she is enrolled in a full-time graduate program as defined by the University (nine credits).

GOOD ACADEMIC STANDING
Definition of Good Academic Standing
To remain eligible for athletic competition, a student-athlete must remain in good academic standing. Good academic standing is maintained if the student-athlete meets all NCAA and Conference academic standards, including grade-point average requirements, satisfactory progress towards a degree and the passing of at least six credit hours during the semester. For meeting the six credit hour rule a "D" grade in a course does not count as a "pass" if the course must ultimately be repeated for a student-athlete to graduate.

NCAA Grade Point Requirement
To meet the NCAA minimum grade point requirement, student-athletes must have achieved a minimum 1.80 cumulative GPA at the end of their first year of full-time enrollment, 1.90 cumulative GPA after four semesters of full-time enrollment and a minimum of 2.0 GPA after their sixth full-time semester and any thereafter. (See NCAA Bylaw 14.4.3.3.1) However, Boise State University, the Conference, and/or the individual sports may require a higher GPA in order for you to be eligible for competition and/or financial aid.

SEASONS OF COMPETITION (FIVE-YEAR RULE)
A student-athlete shall complete four seasons of competition within five calendar years. The five-year calendar begins when the student-athlete is registered in a regular term of an academic year for a minimum full-time program of studies and attends the first day of classes for that term, or the student-athlete is certified by the executive director of athletics as having reported for a regular uniformed squad practice prior to the beginning of any term and who subsequently does not enroll for that term, shall complete his or her seasons of eligibility within five years from the date the student-athlete reported for practice.
SEMESTER STATUS
For purposes of athletic eligibility, semesters of full-time attendance at any collegiate institution are used to determine a student-athlete’s year of collegiate enrollment. This may vary from the University’s classification that is based on the number of credits earned.

SIX-CREDIT RULE
All student-athletes MUST pass a minimum of six credits, directly applicable to their major, in every regular semester (fall and spring) in order to be eligible for competition in the next semester. (ex: If a student fails to pass six degree applicable credits during the fall term, they will be ineligible for competition in the spring term). For some courses, a grade of “C-“or better must be earned in order for the credits to be degree applicable. The “six credit rule” also applies to post-season competition immediately following the semester in question (ex: football bowl games, NCAA Championships which occur after completion of Boise State’s semester).

ADDITIONAL FOOTBALL CREDIT REQUIREMENT
A student-athlete in the sport of football must complete at least nine credits, directly applicable to their major, during the fall term and earn the academic progress rate (APR) eligibility point for the fall term in order to be eligible for the first four contests against outside competition in the following playing season.

UNIVERSITY GRADE POINT REQUIREMENT
Probation and Dismissal
A student will be placed on University academic probation if they fail to meet the MINIMUM CUMULATIVE GPA for their current CUMULATIVE CREDITS EarnED. If a student is on University academic probation, the student must earn a minimum 2.0 semester GPA in every term they are on probation. If they fail to earn a 2.0 semester GPA while on probation, they will be dismissed from the University. A student-athlete shall become ineligible if he or she is dismissed from Boise State University.

<table>
<thead>
<tr>
<th>Cumulative Credits Earned</th>
<th>Boise State Minimum Cumulative GPA</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 to 6</td>
<td>1.0</td>
</tr>
<tr>
<td>7 to 32</td>
<td>1.6</td>
</tr>
<tr>
<td>33 to 64</td>
<td>1.8</td>
</tr>
<tr>
<td>65 or more</td>
<td>2.0</td>
</tr>
</tbody>
</table>

Note: Transfer students admitted on probation must earn at least a 2.0 GPA in their first semester at Boise State or be subject to academic dismissal.
ATHLETIC ELIGIBILITY RULES AND REGULATIONS

Boise State University is responsible for conducting the athletics program, which includes overall responsibility for the actions of student-athletes. Student-athletes are responsible for learning NCAA, Conference and University rules and regulations. The following information is an overview of some of the major rules concerning eligibility. Every student-athlete should be aware of these rules. You are responsible for all the information contained in this handbook. Because of the complexity of all the rules, this guide does not include all regulations and should not be relied upon exclusively. If you have any questions, please contact your coaches and/or the athletic compliance office staff.

ACADEMIC ELIGIBILITY

Refer to previous section in this handbook labeled academic eligibility requirements.

AGENTS

NCAA general rule: You will be ineligible for participation in intercollegiate athletics if you ever have agreed (orally or in writing) to be represented by an agent for the purpose of marketing your athletic ability or reputation in your particular sport. Further, any agency contract not specifically limited in writing to a sport or particular sports shall be deemed applicable to all sports, and you shall be ineligible to participate in any sport. If an agent contacts you or any family member or friend it is mandatory you notify your coach and the athletic compliance office.

Representation for Future Negotiations

You shall be ineligible if you enter in a verbal or written agreement with an agent for representation in future professional sports negotiations that are to take place after you have completed your eligibility.

Benefits from Prospective Agents

You shall be ineligible if you, relatives or friends accept transportation or other benefits from any person who represents any individual in the marketing of your athletics ability. The receipt of such expenses constitutes compensation based on athletics skill and is an extra benefit not available to the student body in general; or an agent, even if the agent has indicated that he or she has no interest in representing the student-athlete in the marketing of his/her athletics ability or reputation and does not represent individuals in the student-athlete’s sport.

Contact by Agents

The following procedure should be followed if you or your relatives are contacted by an agent or their representative, face-to-face, by telephone or written correspondence.
1. Advise the agent that you and your family will not have any contact with the agents until your eligibility is exhausted.
2. Request that agents send all correspondence directly to the athletic compliance office and submit all written correspondence from agents to the athletic compliance office.
3. Report all agent contact to the athletic compliance office
4. Advise the agent that you will schedule interviews when your eligibility is exhausted.
5. Thank them for their interest.
PLAYING SEASON REGULATIONS
During your playing season, you shall be permitted to practice a maximum of four hours per day and a total of 20 hours per week. During your playing season, you must have one calendar day off from all required athletic activities per week. Outside of your playing season, you shall be permitted to participate in athletic activities (i.e. weight lifting and conditioning) for a maximum of eight hours per week.

COUNTABLE ATHLETICALLY RELATED ACTIVITIES (CARA)
What are the daily and weekly time limitations on countable athletically related activities?
Student-athletes may not participate in countable athletically related activities for more than:
• In Season: Four hours per day; 20 hours per week
• Out of Season (during the academic year): Eight hours per week

The daily and weekly hour limitations DO NOT apply to the following time periods:
• During preseason practice prior to the first day of classes or the first scheduled contest, whichever is earlier.
• During an institution's term-time official vacation period (e.g., Thanksgiving, spring break), as listed in the institution's official calendar, and during the academic year between terms when classes are not in session.

Are student-athletes required to have a day off from countable athletically related activities?
During the academic year, student-athletes shall not engage in any countable athletically related activities on one day per week during the playing season and two days per week outside the playing season. The required day(s) off may occur on any day of the week and may change from week to week. A “week” is defined as any seven consecutive days, determined at the institution’s discretion. Team captains will sign-off on the CARA hours for the team once a week. Additionally, the athletic compliance office will choose individuals at random to audit the CARA hours for a week.

COMMON ACTIVITIES THAT COUNT AND DO NOT COUNT AGAINST DAILY AND WEEKLY TIME LIMITS

<table>
<thead>
<tr>
<th>Countable* Athletically Related Activities</th>
<th>Non-countable Athletically Related Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Practices (not more than four hours per day).</td>
<td>Compliance meetings.</td>
</tr>
<tr>
<td>Athletics meetings with a coach initiated or required by a coach (e.g., end of season individual meetings).</td>
<td>Meetings with a coach initiated by the student-athlete (as long as no countable activities occur).</td>
</tr>
<tr>
<td>Competition (and associated activities, regardless of their length, count as three hours). [Note: No countable athletically related activities may occur after the competition.]</td>
<td>Drug/alcohol educational meetings or CHAMPS/life skills meetings.</td>
</tr>
<tr>
<td>Field, floor or on-court activity.</td>
<td>Study hall, tutoring or academic meetings.</td>
</tr>
<tr>
<td>Setting up offensive and defensive alignment.</td>
<td>Student-Athlete Advisory Committee/Captain’s council meetings.</td>
</tr>
<tr>
<td>On-court or on-field activities called by any member of the team and confined primarily to</td>
<td>Voluntary weight training not conducted by a coach or staff member in that sport.</td>
</tr>
<tr>
<td>Countable* Athletically Related Activities</td>
<td>Non-countable Athletically Related Activities</td>
</tr>
<tr>
<td>------------------------------------------</td>
<td>------------------------------------------------</td>
</tr>
<tr>
<td>members of that team.</td>
<td>Voluntary sport-related activities (e.g., initiated by student-athlete, no attendance taken, no coach present).</td>
</tr>
<tr>
<td>Required weight-training and conditioning activities.</td>
<td>Traveling to and from the site of competition (as long as no countable activities occur).</td>
</tr>
<tr>
<td>Required participation in camps/clinics.</td>
<td>Training room activities (e.g., treatment, taping), rehabilitation activities and medical examinations.</td>
</tr>
<tr>
<td>Visiting the competition site in the sports of cross country, golf and skiing.</td>
<td>Recruiting activities (e.g., student host).</td>
</tr>
<tr>
<td>Participation outside the regular season in individual skill-related instructional activities with a member of the coaching staff.</td>
<td></td>
</tr>
<tr>
<td>Discussion or review of game films.</td>
<td>Training table meals.</td>
</tr>
<tr>
<td>Participation in a physical activity class for student-athletes only and taught by a member of the athletics staff (e.g., coach).</td>
<td>Attending banquets (e.g., awards or postseason banquets).</td>
</tr>
<tr>
<td>Team fundraising activities or public relations/promotional activities and community service projects.</td>
<td>Set up/Clean-up for practice.</td>
</tr>
</tbody>
</table>

**PARTICIPATION IN COUNTABLE ATHLETICALLY RELATED ACTIVITIES OUT-OF-SEASON**

*What is the difference between in-season and out-of-season?*

Outside the playing season (during the academic year), student-athletes are limited to not more than eight (8) hours per week of certain countable athletically related activities. Student-athletes may be involved in any non-countable athletically related activity during the off-season period (e.g., workouts using the safety exception, voluntary workouts, other non-countable activities permitted during the in-season period).

- **In-Season (20 Hours)**
  
  Time between the team’s first officially recognized practice session and the last practice session or competition, whichever occurs later. Sports other than football and basketball may have their seasons separated into two distinct segments: championship segment and non-championship segment. During the in-season period (i.e., championship and non-championship segments), a student-athlete may participate in a maximum of 20 hours per week of countable athletically related activities.

- **Out-of-Season (Eight Hours)**
  
  The remaining days during the academic year not included in the in-season period. A student-athlete may participate in a maximum of eight hours per week of countable athletically related activities and may not participate in any countable athletically related activities on two days per week during the out-of-season period. In sports other than football, participation in up to two hours of required skill instruction is permissible. In football, skill-instruction activities are limited to review of game film.
### Permissible Countable Athletically Related Activities During the Out-of-Season Period

<table>
<thead>
<tr>
<th>Activity</th>
<th>Non-permissible Activities During the Out-of-Season Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>Required weight training and conditioning activities supervised by an athletic department staff member.</td>
<td>Conditioning drills may not simulate offensive or defensive alignments.</td>
</tr>
<tr>
<td><strong>In sports other than baseball and football,</strong> participation in up to two hours per week of skill instruction with no limit on the number of student-athletes who may participate at any one time between September 15 through April 15. Prior to September 15 and after April 15, participation in up to two hours per week of skill instruction is permitted, provided not more than four student-athletes are involved at any one time in any facility.</td>
<td>No equipment related to the sport may be used during conditioning activities.</td>
</tr>
<tr>
<td><strong>In football,</strong> participation in up to two hours per week of watching and reviewing films.</td>
<td>No participation in any other countable athletically related activity that may have been permissible during the in-season period.</td>
</tr>
<tr>
<td>Any voluntary athletically related activity in which the student-athlete chooses to participate (does not count in the eight hours) (e.g., initiated by student-athlete, no attendance taken, no coach present).</td>
<td>All athletically related activities are prohibited one week prior to the beginning of the institution’s final exam period through the conclusion of each student-athlete’s final exams.</td>
</tr>
<tr>
<td>Participation in a physical fitness class conducted by a member of the athletic department staff.</td>
<td>No required participation in any countable athletically related activities during any institutional vacation period outside the declared playing and practice season.</td>
</tr>
</tbody>
</table>

### VOLUNTARY ACTIVITIES AND THE SAFETY EXCEPTION

**What is a “voluntary” activity?**

To be considered a “voluntary” activity, all the following conditions must be met:

- The student-athlete must not be required to report back to a coach or other athletic department staff member (e.g., strength coach, trainer, manager) any information related to the activity. In addition, non-coaching athletic department staff members who observe the activity (e.g., strength coach, trainer, manager) may not report back to the student-athlete's coach any information related to the activity; [NOTE: Coaches may not observe voluntary activities.]
- The activity must be initiated and requested solely by the student-athlete. Neither the University nor any athletic department staff member may require the student-athlete to participate in the activity at any time;
- The student-athlete's attendance and participation in the activity (or lack thereof) may not be recorded for the purposes of reporting such information to coaching staff members or other student-athletes;
- The student-athlete may not be subjected to penalty if he or she elects not to participate in the activity. In addition, neither the University nor any athletic department staff member may provide recognition or incentives (e.g., awards) to a student-athlete based on his or her attendance or performance in the activity.
What is the safety exception?
A coach may be present during voluntary individual workouts in the university’s regular practice facility (without the workouts being considered as countable athletically related activities) when the student-athlete uses equipment in that sport. The coach may provide safety or skill instruction but may not conduct the individual’s workouts. The safety exception is applicable to the following sports: equestrian, fencing, gymnastics, rifle, rowing, skiing, swimming and diving, track and field (field events, jumping hurdles, and jumping element of the steeplechase), water polo, wrestling.

SUMMER ACCESS ACADEMIC REQUIREMENTS (BASKETBALL AND FOOTBALL)

Basketball
Student-athletes in basketball may participate in required summer athletic activities for up to eight weeks and those weeks do not need to be consecutive. Participation is limited to eight hours a week with not more than two hours per week spent on skill-related instruction. An individual who is not eligible to use the summer access exception must be enrolled in summer school at some point during the summer.

Football
Student-athletes in football may participate in required summer athletic activities for up to eight (8) weeks and those weeks do not need to be consecutive. Participation is limited to eight hours a week with not more than two hours per week spent on film review. An individual who is not eligible to use the summer access exception must be enrolled in summer school at some point during the summer.

Academic Exceptions to Summer Access: If you meet one of these academic benchmarks, you could participate in summer access without being enrolled in summer school:

• Incoming freshmen and transfers must be enrolled in summer school during their designated weeks.
• Student-athletes who have completed their first year of enrollment must be enrolled in summer school or present a 2.2 GPA and completed 30 semester hours.
• Student-athletes who have completed their second year of enrollment must be enrolled in summer school or present a 2.2 GPA and completed 50% of course requirements for their degree.
• Student-athletes who have completed their third year of enrollment must be enrolled in summer school or present a 2.2 GPA and completed 75% of course requirements for their degree.
• Continuing student-athletes, who are not on athletic scholarship (walk-ons), do not have to be enrolled in class to participate in summer access as long as they are otherwise academically eligible.

COMPLIMENTARY ADMISSIONS
You may receive up to four complimentary admissions per home contest, two complimentary admissions per away contest (if you travel), if applicable to that sport. Complimentary admissions will be provided only on a pass list. Each sport may have an overall total on the limit of complimentary tickets and, in those cases, the head coach will determine distribution within NCAA rules. You may not receive payment from any source for the complimentary admissions and may not exchange them for any item of value. You will jeopardize your eligibility status by not following the complimentary admissions policy. Please check with your coaching staff, ticket office, and the athletic compliance office if you have questions.
EMPLOYMENT
The NCAA permits a Division I student-athlete to earn legitimate on or off campus employment at any time. The employment earnings are exempt and are not counted in determining a student-athlete’s full grant-in-aid or in the University’s financial aid limitations. Prior to beginning employment, go to the athletic compliance office to fill out the paperwork. In order to protect your eligibility, you must receive approval from the athletic compliance office and your coach prior to any period of employment. If you already have a job, you need to see the athletic compliance office to complete the employment form immediately.

• The student-athlete’s compensation does not include any remuneration for value or utility that the student-athlete may have for the employer because of the publicity, reputation, fame, or personal following that he or she has obtained because of athletics ability;
• The student-athlete is to be compensated only for work actually performed; and
• The student-athlete is to be compensated at a rate commensurate with the going rate in that locality for similar services.

Summer Employment
It is permissible for you to work over the summer here in the local Boise area or back home. Similar to the school year, you are required to fill out an employment form with the athletic compliance office.

FEE FOR LESSON
If you are teaching lessons, there are several important rules to take note of. You may not ever use a Boise State facility to teach a lesson. You also may not use your name, image or likeness to advertise for fee-for-lessons. You may only advertise by word of mouth. Additionally, you may only be paid the going rate in the area for similar instruction. You must fill out an employment form in the athletic compliance office for this type of work. You will be required to keep a log of all lessons taught and have the person pay by check so you can document the amount you were paid.

EXTRA BENEFITS
An extra benefit is any special gift or arrangement made by athletic staff members, representatives of our athletics interests (boosters), a sports agent or a commercial enterprise (e.g., athletic equipment suppliers) to provide you and/or your relatives or friends with a benefit not expressly authorized by the NCAA and generally available to the general student body. You are required to inform the athletic compliance office if you are offered any extra benefits.

Examples:
• A special discount, payment arrangement or credit on purchases or services;
• A loan of money, signing or co-signing a note to arrange a loan in any amount;
• A guarantee of bond;
• The use of an automobile or other methods of transportation;
• The purchase of a meal or service at a commercial establishment;
• Transportation to or from a summer job;
• A benefit connected with off-campus housing (e.g., television sets or stereo equipment, specialized recreational facilities, free or reduced rent);
• Selling or providing complimentary tickets for any item of value;
• Providing holiday or birthday gifts;
• Use of a phone or credit card to make long distance phone calls.
GAMBLING
In accordance with NCAA rules and regulations, you cannot knowingly provide information to individuals involved in organized gambling activities concerning intercollegiate athletic competition, solicit a bet on any intercollegiate team, accept a bet on any team representing Boise State, solicit or accept a bet on any intercollegiate competition for any item (e.g., cash, shirt, dinner) that has tangible value or participate in any gambling involving intercollegiate athletics or professional athletics through a bookmaker, a parlay card or any other method employed by organized gambling. Each year, prior to participation in intercollegiate competition during the academic year, you shall sign a student-athlete statement in a form prescribed by the NCAA in which you will submit information related to involvement in organized gambling activities concerning intercollegiate athletics competition. Failure to complete and sign the statement annually will result in your becoming ineligible for participation in intercollegiate competition. If you have any concerns regarding gambling activities, please bring these to the attention of your coach and the athletic compliance office.

OCCASIONAL MEALS
You or the entire team in a sport may receive an occasional meal in the locale of the University on infrequent and special occasions from an institutional staff member. An institutional staff member may provide reasonable local transportation to you to attend such meals. Also, you may receive an occasional meal at the home of a representative of athletics interests (boosters, including parents of student-athletes) on infrequent and special occasion under the following conditions:
• The meal must be provided in an individual’s home (as opposed to a restaurant) and may be catered; and a representative of the University’s athletics interests may provide reasonable local transportation to you to attend the meal function only if the meal is at the home of a representative.
• You must notify your coaching staff of the meal so that it may be appropriately recorded with the athletic compliance office in a timely manner, prior to the date and time of the meal.

PRIZE MONEY
Any student-athlete who participates in approved outside competition must let the athletic compliance office know if they win prize money prior to accepting any. Any student-athlete who wins prize money and is given approval from the athletic compliance office to accept it, must complete the prize money form upon returning to Boise State. All outside competition-related expenses must be documented on the Prize Money form and receipts for those expenses must be attached to the form. It is not permissible for student-athletes to accept more prize money than their documented actual and necessary expenses in a given calendar year.

OUTSIDE COMPETITION
Outside competition is any athletics competition against any other athletics team (including an alumni team) that does not represent the intercollegiate athletics program of Boise State University. A student-athlete who participates during the academic year as a member of any outside team in any non-collegiate, amateur competition becomes ineligible for intercollegiate competition unless eligibility is restored by the committee on student-athlete reinstatement. Basketball student-athletes may not participate in any organized basketball competition while representing Boise State except for NCAA approved summer leagues. Any student-athlete desiring to participate in outside competition must complete the outside competition form and receive pre-approval from their head coach and the athletic compliance office. Student-athletes may not participate in any outside competition unless the athletic compliance office has given approval prior to leaving for any outside competition or practice associated with the outside competition.
NCAA BEGINNING OF THE YEAR FORMS
At the beginning of each academic year, all student-athletes are required to complete several forms through a program called Assistant Coach Systems (ACS). The athletic compliance office will email the student-athlete when the forms are ready to be completed. The student-athlete will not be eligible for practice until the forms have been completed.

HOUSING LEASES AND CAR REGISTRATION DOCUMENTS
In accordance with Boise State Athletic policy, all student-athletes are required to turn in documentation regarding their off campus housing arrangements and any vehicle information. If you live off-campus, you must provide the athletic compliance office with a lease agreement that includes the amount you are paying to live at the residence as well as your signature. If the lease requires a co-signer, you may only have your parents co-sign for yourself, not the entire residence. If you have a vehicle in Boise, you are required to show proof of ownership to the athletic compliance office. This can be shown in the form of your car title or registration. Both your housing documentation and vehicle information are required before you will be cleared for competition and need to be hand delivered to compliance (pictures). If any of this information changes throughout the year, it is your responsibility to update the athletic compliance office with any changes.

PROMOTIONAL ACTIVITIES
All student-athlete appearances and involvement in promotional activities must be pre-approved through the athletic department. The agency requesting student-athlete involvement must complete the student-athlete appearance form located at www.broncosports.com/compliance. All student-athletes and agencies involved with the event must adhere to the NCAA Bylaw 12.5.1.1, which states Boise State University student-athletes can participate in charitable/non-profit activities only under the following conditions:
• The student-athlete does not miss class.
• The student-athlete receives written approval from the executive director of athletics (or designee).
• All money derived from the activity will go directly to the member institution, charitable organization, or non-profit agency.
• The specific activity in which the student-athlete participates does not involve co-sponsorship, advertisement, or promotion by a commercial agency.
• The student-athlete may only accept legitimate and normal expenses such as meals and travel from the institution or charitable/non-profit agency.
• The student-athlete signs the release statement prior to the activity.
• The student-athlete's name, picture, or appearance is not utilized to promote the commercial ventures of the agency.
• The student-athlete and a representative of the requesting organization sign a release statement ensuring that the student-athlete’s name, image, or appearance is used in a manner consistent with the requirements of this section.
• Student-athletes are not assisting or participating in a fund-raising activity for high schools or organizations that consists of prospects. A prospect is any student who has started ninth grade (seventh grade in the sport of basketball).
FINANCIAL AID POLICIES AND PROCEDURES

ATHLETIC GRANT-IN-AID

Full Athletic Grant-in-Aid
Includes all tuition, institutional fees, course required textbooks, room and board at the University rate for a double room, personal and transportation expenses up to the cost of attendance.

Partial Grant-in-Aid
Can include any of the aid listed above depending on percentage of grant.

Renewal of Athletic Grant-in-Aid
The athletic department must notify you on the renewal or non-renewal of your award on or before July 1st, preceding the academic year.

Non-Renewal or Reduction of Athletic Grant-in-Aid
Boise State may cancel, non-renew or reduce any athlete’s grant-in-aid during the period of the award if one or more of the following occurs:
• Rendering yourself ineligible for intercollegiate competition;
• Failing to make satisfactory academic progress in your course of study;
• Violating written team rules as defined by the head coach;
• Misrepresenting any information on the admission application, financial aid agreement, Letter of Intent, or NCAA student-athlete statement;
• Engaging in misconduct, and being placed on probation by the regular student disciplinary authority which prohibits participation in athletics;
• Voluntary withdrawal from your team prior to, during or after the sport season in which the athletic grant-in-aid was awarded

Appeal Process for Reduction or Non-Renewal of Athletically-Related Financial Aid
Student-athletes who have changes in their athletically-related financial aid are so notified in writing by a letter from the director of financial aid prior to July 1, following the academic year in which the aid was received. The student-athlete is informed of the appeals procedure and guided through the process on a step-by-step basis. The letters of notification of reduction and/or non-renewal include a description of first step of the appeal process. An athletic scholarship may not be reduced or canceled by the University during the period of the award on the basis of one’s:
• physical condition or an athletic injury;
• athletic ability or contribution to the team’s success;
• participation or performance;
• age, race, color, religion, sex, national origin, ancestry, disability, veteran status, sexual orientation or political affiliation.
MEDICAL RETIREMENT
It is the institutional policy of Boise State University that if the recipient of is injured while participating in a regular practice session or during regular competition and the medical staff of this institution advises against further intercollegiate competition, the recipient's awarded amount of grant-in-aid will be renewed at the same amount as during the semester they medically retired for the normal number of semesters required for graduation. These renewals will extend to a maximum of eight semesters from the recipient's first enrollment at a collegiate institution. In exchange for the scholarship, the recipient will be required to work within the athletic department. The work hours will be conducive to the playing and practice season of countable hours within that sport.

In order for a student-athlete to medically retire, the student-athlete, coach, athletic trainer and sport administrator will meet to discuss the parameters of medical retirement. There must be a letter on file in the athletic compliance office from the Boise State team doctor stating that participating in intercollegiate competition is no longer an option. Student-athletes will have access to all the academic support services and must maintain their NCAA eligibility in order to continue on athletic aid.

NEED-BASED NON-ATHLETIC INSTITUTIONAL AID
- Pell Grant
- Student Loans
- Other Government Grants
- Academic Scholarships

NCAA STUDENT-ATHLETE FUND
The NCAA Student-Athlete Fund (SAF) is intended to provide direct benefits to student-athletes. At the discretion of Boise State, the fund shall be used to assist student-athletes in meeting extraordinary financial needs that arise unexpectedly. Student-athletes seeking reimbursement through the SAF must submit a completed SAF request for reimbursement form and submit it to the athletic compliance office along with all applicable receipts. Student-athletes will need to describe the type of reimbursement being requested and include the extraordinary and unexpected nature of the circumstances surrounding the request. All requests will be reviewed by the SAF committee and a determination will be made as to the amount of reimbursement each student-athlete will receive. Consideration for reimbursement will be given to requests in the following categories:
- Emergency travel necessitated by the death of a close family member
- Medical expenses (not covered by primary or secondary insurance)
- Dental/vision expenses (not covered by primary or secondary insurance)
- Additional course related expenses not covered by athletic aid (e.g. credit for prior learning)

All student-athletes are eligible to apply for SAF benefits, regardless of whether they are grant-in-aid recipients, Pell Grant recipients, or have been medically disqualified from athletic participation.

LIMITS ON FINANCIAL AID
A student-athlete may not receive aid in excess of a full grant-in-aid. All student-athletes must notify the athletic compliance and/or financial aid office of any scholarships or grants they receive from outside organizations.
- A Pell Grant is not included when determining if a student-athlete has exceeded the value of a full grant-in-aid.
- Student-athletes may receive a full Pell Grant (if qualified) in addition to a full athletic grant-in-aid.
- Student-athletes may also receive benefits or payments from the G.I. Bill, Ameri-Corps Program, military reserve training programs, welfare benefits, and some special government entitlement programs.
COURSE-REQUIRED TEXTBOOKS

Student-athletes who are awarded the use of course-required textbooks as a part of their athletic grand-in-aid may pick up the books at the bookstore and check them out at the scholarship desk. Student-athletes will be required to print their book list on orange paper that can be picked up in the compliance or academic office. The athletic compliance office will need to approve your book list before you go to the bookstore. You may only purchase course-required textbooks for classes in which you are enrolled. Failure to comply with this rule could mean loss of opportunity to participate and compete at Boise State University.

Book Return Policy

- All student-athletes who are receiving an athletic scholarship for course-required textbooks will be responsible for returning all books at the end of the semester during the publicized athletic book buy back dates. You must account for all books purchased. If they are not accounted for, you will be responsible for paying a $50 fine. There will be a buy back held twice a year in the fall and spring at the Student Union Building. Look for specific information toward the end of each semester for dates and times.

- If scholarship student-athletes fail to return their books themselves, a no-return/late fee of $50 will be charged to their student account. If you do not return the books yourself, you will be assessed the $50 fine unless you make arrangements with the athletic compliance office prior to the date of book return.

- It is in your best interest to save all your receipts in case there is any discrepancy.

ROOM AND BOARD

On-Campus Housing

Student-athletes who live on campus and are receiving room and/or board as part of their athletic grant-in-aid will have the amount automatically transferred to the Payment and Disbursement Center. The housing contract is for one academic year. Housing will charge a financial penalty for broken contracts. Room deposits may not be paid for as a part of your athletic grant-in-aid. Student-athletes choosing to live in a single room or in campus residence apartments must pay the difference between the cost of a double room and single room and the weighted average of total university housing.

Off-Campus Housing

Student-athletes receiving room and/or board and living off campus will receive a monthly check for 1/10th of the total on the first Friday of each month. Checks begin the first week of classes or the first weeks of preseason for early team arrivals and end the first week of May. Direct deposit is also available through the University. You can complete the application on your student account. If you are eligible to receive cost of attendance as part of your athletic grant-in-aid those checks will be disbursed monthly for a period of 12 months. These will be added on to your regularly-scheduled stipend check.

IRS Taxable Income Rules

The room and board portion of an athletic grant-in-aid is taxable income and must be reported to the IRS. Foreign students will be taxed on their room and board. If you live on campus, the tax charges on your room and board will be applied to your student account. If you live off campus, taxes will be automatically removed from their monthly stipend checks.
ADDITIONAL INFORMATION REGARDING SCHOLARSHIPS

Athletic scholarships are awarded on an individual basis. Each scholarship is different and should not be discussed with your teammates. The athletic scholarship for tuition, fees and on campus housing (if applicable) that you receive is awarded for the academic year and is paid out twice a year (August and January). It is not permissible for athletic aid to be disbursed prior to the start of classes, if you are expecting an athletic scholarship to cover balance, then a late fee will not be assessed to your student account. Once the athletic scholarship is applied to your student account, you are responsible for ensuring that the scholarship is applied correctly.

If you add a class after the 10th day of the semester and you think it is covered by your scholarship, it is your responsibility to notify the athletic compliance office. Once the academic year ends, it is not permissible to cover any additional fees that you incurred.
The BroncoLIFE Program is a department wide commitment to focus on the TOTAL PERSON and emphasizes Academic and Athletic Excellence, Personal Development, Community Engagement and Career Planning.

BroncoLIFE aims to provide dynamic and impactful programs to develop and empower student-athletes to be positive influencers in their community and to help them reach their full potential in both their college careers and lives after sports.

PILLARS OF THE BRONCOLIFE PROGRAM

SUMMER BRIDGE PROGRAM
The three credit “bridge” class is offered to all incoming freshmen student-athletes and is designed to assist with the transition from high school to college. The bridge class is a way for all student-athletes to start their college experience with a great foundation and to assess their academic needs.

ACADEMIC EXCELLENCE
The foundation of academic excellence is to empower the student-athletes and give them the tools needed to be independent and successful. The goals and expectations are communicated early and are celebrated. The academic support program offers a variety of support structures to assist all Bronco student-athletes to maximize their academic performance.

STUDENT-ATHLETE ADVISORY COMMITTEE
At Boise State University, we strive to make Bronco Nation a family, to lead by example and to aim for excellence in all that we do. Two student-athletes represent each team at monthly meetings to expand their leadership abilities, plan events, and communicate between teams, Boise State administration as well as the Mountain West Conference and the NCAA.

BRONCOS IN THE COMMUNITY
The student-athletes at Boise State are committed to encouraging the next generation of Broncos and others in our community to BE healthy, BE educated and to BE leaders. By serving in our community, the student-athletes have opportunities to meet new people, build communication skills and practice leadership from different roles. The desire is that all of the student-athletes would be introduced to a variety of activities and be able to find their personal way to give back throughout their lives.
PERSONAL DEVELOPMENT
A variety of workshops, guest speakers and education materials are provided in regards to personal development. Some of the topics include financial literacy, social media branding, bystander intervention, drug / alcohol awareness, leadership opportunities, mental health discussions and mentorships.

CAREER PLANNING
We believe that through involvement and education, Bronco student-athletes will build character, integrity and leadership skills to ensure success in both their college careers and lives after sports. Student-athletes are more than just “athletes.” It is important to focus on the total person and help them discover their strengths outside of their sports. Opportunities include resume workshops, internships, job shadowing, career mentors, career fairs, networking mixers and a variety of “bridge to career” classes offered on campus.
ALCOHOL AND DRUG TESTING POLICIES

ALCOHOL POLICY

Please refer to the Appendix for the full Alcohol Policy.
Boise State University considers alcohol a drug and believes its abuse by student-athletes to be detrimental to their physical and mental well-being. The athletic department has a "three strike" policy for drug and alcohol violations. If a student-athlete gets an alcohol violation, ON or OFF campus, the student-athlete is required to notify his/her coach immediately in accordance with team rules. If there is not a specific team rule for the reporting of conduct incidents, it must be reported to the coach no later than 24-hours after the incident has occurred. The coach will notify the senior associate athletic Director/Internal Operations/SWA and/or the executive director of athletics. A meeting will be held with the student-athlete and the senior associate AD within five days of the incident to initiate the conduct process. It is important that the student-athlete follow the conduct process start to finish. This can affect a student-athlete’s eligibility.

DRUG TESTING AND EDUCATION POLICY

Please refer to the Appendix for the full Drug Education and Testing Policy.
Boise State University believes that the use of certain prohibited drugs (excluding those prescribed by a physician to treat a specific medical condition) can be detrimental to the physical and mental well-being of its student-athletes, can seriously interfere with the performance of individuals as students and as athletes and can be extremely dangerous to the student-athlete and his or her teammates participating in athletic competition and practice.

The use, sale or distribution of any prohibited drug not prescribed by a student-athlete’s team physician or personal physician shall result in required treatment and potential discipline as set forth in this policy. The discipline may include temporary or permanent suspension from practice and competition, along with loss of financial aid or scholarships.

For the purposes of this policy, the following persons are eligible for testing:

1. Any student-athlete currently on an active team roster;
2. Any student-athlete whose eligibility has expired, but is receiving assistance for degree completion;
3. Any person listed on a team’s active roster as a practice squad player, i.e., male practice players for women’s basketball and volleyball.

Please note that both the alcohol and the drug education and testing policies are subject to change at any time. Please refer to the online Student-Athlete Handbook at http://preco.boisestate.edu/student-athlete-handbook for the most current version. See the appendix for details of the alcohol policy, drug testing and education policy.
SPORTS MEDICINE AND WELLNESS

PRE-PARTICIPATION PHYSICALS

All student-athletes must have completed a pre-participation physical exam (PPE) and received clearance by a Boise State University team physician before the student-athlete can practice, compete or engage in any athletically related activities. The pre-participation physical exams are given prior to the student-athletes’ first year of competition. The sports medicine staff will determine the need for yearly follow-up exams thereafter. The sports medicine staff, in conjunction with the Idaho Sports Medicine Institute (ISMI), will schedule physical dates and times. The student-athlete and/or the student-athlete’s coaches or parents cannot schedule the physical examination. If a student-athlete does not attend the designated physical date, the sports medicine staff may schedule an alternative date with an appropriate provider. Any costs for such a physical will be the responsibility of the student-athlete. If a student-athlete has non-athletically related issues detected at the PPE, any costs for follow up care or exams to be cleared for participation will be the responsibility of the student-athlete.

MEDICAL CARE AND TREATMENT

The Boise State University Sports Medicine Department will provide medical treatment for all injuries related to practice, competition or conditioning. It is the responsibility of each student-athlete to promptly report any injuries to their designated Boise State Certified athletic trainer. The athletic trainer will then evaluate the condition and make the necessary treatment recommendations, including referrals to a physician if necessary. It is NOT policy for student-athletes, coaches, or parents to make physician appointments for the student-athlete without the supervising athletic trainer’s knowledge or approval. If medical attention for an athletically related injury is sought without the knowledge or approval of the supervising athletic trainer, the student-athlete will be responsible for all medical expenses incurred.

It is understood that emergencies and medical appointments not related to athletics do not require prior approval from the supervising athletic trainer. However, notification of the medical care must be provided to the supervising athletic trainer as soon as possible. Also, non-athletic medical costs will not be covered by the Boise State Athletic department. It is also understood that medical clearance to participate as a Boise State student-athlete must come from the University’s team physician and not an outside practitioner.

It is the responsibility of the student-athlete to follow the Boise State certified athletic trainer’s instructions for treatment and rehabilitation. Student-athletes who do not follow such instructions may not practice or compete. If an injury occurs that is not athletically related or occurs during a vacation period, the student-athlete should contact their team’s assigned Athletic trainer as soon as possible in order for proper treatment and rehabilitation plans to be determined.

It is the responsibility of the student-athlete to follow all athletic training room rules of conduct. Each athletic team will be educated regarding the rules of conduct. The Boise State University sports medicine staff reserves the right to refuse athletic training room services to those student-athletes who chronically choose not to follow the athletic training room rules – excluding emergency services.

INJURY TREATMENT

The University maintains a well-trained staff of professionally certified and licensed athletic trainers. When a student-athlete needs to see a health care provider for an athletically related injury, a referral will be made by the athletic training staff. Because the University is responsible for approved and documented athletically related medical treatment, all student-athletes must be referred to the proper provider by the Boise State athletic training staff. Unapproved self-referral will result in a student-athlete becoming responsible for all costs associated with the provider visit, including any diagnostic
tests ordered. Also, all costs associated with second opinions are the responsibility of the student-athlete unless requested by the Boise State athletic training staff.

Process When Injury Occurs During a Boise State Sponsored Athletic Activity

1. Athletic trainer completes a Boise State Athletics Accident Report at the time of injury. This report contains information pertinent to the injury and the student-athlete’s primary insurance information. No bills will be paid without a Boise State Athletics accident report on file. Accident reports are required by the insurance company in order to process a claim. These reports are to be submitted to the athletic insurance coordinator following the date of injury.

2. Student-athlete is referred by a Boise State athletic trainer to the proper medical providers. The student-athlete will provide a copy of his/her primary insurance information to the provider at the time of service.

3. Any and all documentation that the student-athlete or their parents/guardians receives relating to the student-athlete’s injury MUST be submitted to the athletic training staff member for their sport or the athletic insurance coordinator so that all bills can be tracked and processed. Failure to turn in documents may result in the injury not being processed properly and the student-athlete being placed in collections.

4. For any questions concerning insurance and/or medical bills, please contact Syringa Stark, athletic insurance coordinator, at 208-426-1550 (syringastark@boisestate.edu) or Heather Berry, assistant athletic director/personnel at 208-426-5444 (heatherberry@boisestate.edu) in the athletic department insurance office.

Idaho Sports Medicine Institute

The University has a sponsorship relationship with the Idaho Sports Medicine Institute (ISMI). This sponsorship designates ISMI as the “Official Team Doctors of the Broncos.” The staff of health care providers at ISMI is often the right choice for the student-athlete but ultimately the University will make referrals to health care providers based on the best interests of the health of the student-athlete. However, every student-athlete has the right to choose their own properly-qualified health care provider. Remember, however, that you must have your choice coordinated and approved with the head athletic trainer PRIOR to your visit or else you will be responsible for all costs related to that visit. All costs associated with non-approved, self-referral by the student-athlete will NOT be the responsibility of the University.

UNIVERSITY HEALTH SERVICES

University Health Services (UHS) offers a wide variety of services uniquely designed to meet the needs of Boise State students and their families. Located conveniently on campus, their services are patient centric and focus on creating individualized treatment plans with a heavy emphasis on prevention and education. Their integrated services combine highly skilled and licensed staff of Medical providers, Counseling specialists and Wellness experts, to provide patients with comprehensive care designed to support their academic and personal goals. UHS accepts all insurance plans (except Medicare/Medicaid).

Medical Services:
- Primary Care, Urgent Care, Lab and Immunization

Counseling Services:
- Individual Counseling, ADHD Testing, Multi-Person Counseling and Crisis Intervention

Wellness:
- Health Coaching, Dietitian, Free HIV Testing and Peer Educators
University Health Services and Athletics

The Boise State Athletic department has partnered with University Health Services (UHS) to provide comprehensive primary medical care while helping to reduce out-of-pocket medical expenses to the student-athlete. In the event that you become ill, contact your designated team’s athletic trainer for a referral form to UHS BEFORE you seek treatment. The referral form indicates that your athletic trainer has referred you for care and that once your primary insurance processes, Boise State Athletics will cover the unpaid balance for your office visit. If no referral form is on file, all costs associated with the visit will be the responsibility of the student-athlete to pay.

Boise State Athletics also covers the costs of medical mental health, psychiatry and counseling for all student-athletes seeking treatment at UHS. These services will be billed through your primary insurance but DO NOT require a referral from your athletic trainer. If you need to seek care for these designated services, please go directly to UHS to make an appointment.

Any lab work or diagnostic testing referred out by UHS is not covered by Boise State Athletics after insurance pays. Additionally, any medications prescribed or received for non-athletic related conditions will not be paid by Athletics, as they are the responsibility of the student-athlete.

**PROCESS FOR RECEIVING CARE WHEN AN ATHLETIC TRAINER IS UNAVAILABLE**

1. **Go to Boise State University Health Services** (Norco Building, 2nd Floor (1529 Belmont Street))
   - Phone: 208-426-1459
   - Hours: Monday, 8 AM – 5 PM
             Tuesday, 8 AM – 5 PM
             Wednesday, 10 AM – 5 PM
             Thursday, 8 AM – 5 PM
             Friday, 8 AM – 5 PM
   - Saturday and Sunday, Closed
   - *Summer hours may vary**

2. **If the Health Center is closed, go to an immediate care facility.**
   - Primary Health: 1209 Broadway Ave, Boise, ID 83706
   - Phone: 208-345-1222
   - Hours: Monday through Sunday, 8 AM – 8 PM
   - Fee: Be prepared to pay a co-pay/deductible as required by your insurance.

3. **If the immediate care facility is closed, go to the hospital emergency room.**
   - St. Luke’s Regional Medical Center: 190 E Bannock St, Boise, ID 83712
     - ER Phone: 208-381-2235
   - St. Alphonsus Regional Medical: 1055 N Curtis Rd, Boise, ID 83705
     - ER Phone: 208-367-3221
   - Fee: Emergency room visit co-pay will be added to hospital bill for each ER visit. This fee will not to be paid by insurance, unless you are admitted into the hospital.

**Other Medical Emergency Numbers**

Emergency: 911
Non-emergency - Boise City Police/Campus Safety: 208-426-1453
Suicide Prevention Hotline: 1-800-564-2120
MEDICAL CARE IN OTHER CITIES/OUT-OF-NETWORK
For a current student-athlete to have medical care in a different city other than Boise, Idaho or to visit an out-of-network provider, the student-athlete must have written documentation through the Boise State athletic trainers or Boise State medical staff. No medical bills will be covered by Boise State Athletics without Boise State’s written approval. For graduating seniors and student-athletes who have exhausted eligibility, please refer to headline for graduating seniors/student-athletes exhausting eligibility listed later in this Handbook.

NUTRITION COUNSELING
A registered dietitian/certified specialist in sports dietetics is available to student-athletes in a variety of settings. Detailed information on eating for top performance is available depending upon the student-athlete’s needs. Team meetings, individual consultations, health journal analysis, grocery shopping tours, and cooking lessons are all possible services. Our sports dietitian is also a certified personal trainer/fitness instructor and is extremely aware of the sports specific nutrition needs of the student athletes. If you have questions regarding nutrition, please contact your team athletic trainer or the Head athletic trainer.

Top of the line recovery foods are available to all athletes at our fueling stations in our weight rooms. Athletes can load up on healthy foods such as bagels, fresh fruit, yogurt, milk, string cheese, peanut butter, trail mix and more to re-fuel muscles after hard workouts and to use for snacks throughout the day. Providing this type of fueling program for our athletes helps them improve and excel both in their sport and in the classroom.

ATHLETIC PRESCRIPTION MEDICATION PROCESS
1. All prescriptions that are athletically related need to be cleared by designated team athletic trainer BEFORE they are picked up from Ladd’s Family Pharmacy.
2. Athletic medical prescriptions, when cleared by the team’s designated athletic trainer, will be paid by the athletic department.
3. The athletic department cannot reimburse anyone for prescriptions.
4. Non-athletic and un-reimbursable prescriptions include but not limited to:
   a. ADHD medications
   b. Birth control
   c. Dental (unless as a result of athletic injury)
   d. Vision (including contacts, glasses, etc.)
   e. Allergy
   f. General illness

PREGNANCY
Boise State University shall not discriminate against any student, or exclude any student from its education program or activity, including any class or extracurricular activity, on the basis of a student’s pregnancy, childbirth, false pregnancy, termination of pregnancy or recovery there from, unless the student requests voluntarily to participate in a separate portion of the program or activity. Terminating or reducing financial assistance on the basis of pregnancy or a related condition is prohibited under Title IX. Subjecting only students of one sex to additional or different requirements, or excluding students from participating in a program or activity, on the basis of the student’s pregnancy or related condition is also prohibited under Title IX. Boise State athletics follows pregnancy legislation as directed by the NCAA.
MEDICAL BILLING AND INSURANCE

INSURANCE COVERAGE GUIDELINES

Primary Insurance Coverage
Insurance coverage in collegiate athletics is an extremely important aspect of a student-athlete’s medical care. While competing in athletics produces many accomplishments and rewards, unfortunately there are risks associated with participation. To address this, Boise State Athletics has established the following policy to help protect student-athletes from the high cost of medical care should you become injured while enrolled as a student-athlete at Boise State University. Student-athletes are required to maintain personal insurance coverage throughout their careers as a Boise State student-athlete and the plan must be a US-based medical plan. This coverage will act as the PRIMARY insurance coverage for all medical expenses both non-athletic and athletically related. If at any time this coverage lapses, the student-athlete will become responsible for all medical expenses incurred during the lapse in coverage and will be withheld from all team-sponsored activities until proof of active primary insurance coverage is provided. It is the responsibility of the student-athlete to provided updated insurance information to their team Athletic trainer and/or the athletic insurance office as soon as possible when a change in coverage occurs. Failure to do so may result in the student-athlete being withheld from participation and delays in claims processing.

The Boise State Athletic department is available to assist student-athletes in securing primary insurance coverage if they do not currently have coverage or feel that their current policy is not adequate coverage for their time at Boise State. Premiums for insurance coverage are the responsibility of the student-athlete and not paid for by the Boise State Athletic department. Please contact the athletic department insurance office at 208-426-1550 for further information.

International Student Insurance
All international students at Boise State will be automatically enrolled in an insurance plan mandated by Boise State University. The international student health insurance plan is a mandatory coverage for all international students attending Boise State, as there is no option to waive out of the coverage. The costs associated with the plan will be placed on the student’s myBoiseState account, and WILL NOT be covered by Athletics or an athletic scholarship. This plan will act as the primary insurance coverage for international student-athletes and no additional coverage will be required by the athletic department.

Voluntary Student Health Insurance Plan (V-SHIP)
Boise State University offers a voluntary student health insurance plan (V-SHIP) to full-time students on campus. Enrollment in this plan is voluntary and can be completed beginning July 1, 2017, for a policy effective date of August 1, 2017. The premium costs associated with the plan will not be placed on the student’s myBoiseState account, but will need to be paid directly to the carrier at the time of enrollment. For more information on the plan and how to enroll, please visit the University Health Services website at https://healthservices.boisestate.edu/voluntary-ship/.

Secondary Insurance Coverage
The Boise State University Athletic department provides a SECONDARY athletic-injury insurance policy to all current student-athletes at no additional cost to the student-athlete. This policy is a secondary-only policy and will only cover medical expenses incurred due to a documented and approved BSU athletic-related injury. Athletically related is defined as any injury that is incurred, directly caused by, or is a result of a Boise State Athletics sponsored practice, competition, conditioning session or team travel.
If the student-athlete becomes injured as a result of athletically related circumstance, this coverage will pay any balance remaining after the primary insurance company has processed, including payment of deductibles, copays, co-insurance, etc. All athletically related claims will be paid as long as the care is provided within Boise State’s network of providers or direct referral is made by Boise State’s medical staff to an outside provider prior to care being given. The student-athlete must maintain active primary insurance coverage in order to be eligible for coverage under the secondary athletic insurance policy.

**INSURANCE CONTACT**

In the event a student-athlete becomes injured and a visit to a healthcare provider is required, all bills and documents, including explanation of benefit summaries, must be brought to your team’s athletic trainer or to Syringa Stark or Heather Berry in the athletic department insurance office as soon as they are received, provided they are athletically related. Failure to do so may result in a delay of processing a student-athlete’s bills and may negatively affect a student-athlete’s credit. If charges are incurred for situations such as general illness or injuries not related to a student-athlete’s sport, a student-athlete’s primary insurance coverage should be provided to your medical provider and any remaining balance will become the responsibility of the student-athlete.

Here at Boise State, we understand the high cost of attending college, however, please keep in mind that you will be competing in NCAA Division I Athletics and the risks of illness and injury that go along with participation are high as well. With the increased costs of medical care it is imperative that you as a student-athlete are protected as much as possible from having to pay out of pocket expenses that, if not addressed properly, could affect you for many years after your time as a student-athlete has ended. We also understand that our policy may be different than what is implemented at other institutions, but it is one that we feel is best suited for a student-athlete at Boise State and a member of the Bronco family.

Should you have any questions regarding the Student-Athlete Insurance Policy, please contact:

Syringa Stark, Athletic Insurance Coordinator  
Office: 208-426-1550 or syringastark@boisestate.edu

Heather Berry, Assistant Athletic Director/Personnel  
Office: 208-426-5444 or heatherberry@boisestate.edu

Marc Paul, Associate Athletic Director/Sports Medicine  
Office: 208-426-1696 or marcpaul@boisestate.edu

**MEDICAL EXPENSES**

Boise State University’s secondary athletic-injury insurance policy allows the athletic department to finance only those medical conditions connected with practice or competition. Please be aware that the athletic department will not finance medical treatment for non-athletically-related injuries, illness, or pre-existing conditions, unless specially referred by our Boise State team physicians once a student-athlete receives full clearance for participation. Pre-existing conditions are defined as any medical condition existing prior to the student-athlete’s collegiate career at Boise State. Any medical treatment cost incurred during the student-athlete’s collegiate career at Boise State for the above conditions will be the responsibility of the student-athlete and/or parent.

Also, the athletic department is not responsible for any injury sustained, to include but not limited to, while volunteering with a non-institutional camp/clinic and/or community service. Any injury sustained will be the responsibility of the student-athlete, in which their primary insurance will be billed and any balance remaining will be the responsibility of the student-athlete.

In the case of an athletic injury, the student-athlete must submit all bills and related explanation of benefit forms from their insurance to Syringa Stark or Heather Berry in the athletic insurance office.
These documents must be submitted within 30 days of the first billing date. Prompt attention is crucial for coordination of payments. Any student-athlete who fails to comply with the 30-day rule, may become responsible for the medical balances incurred.

MEDICAL BILLING PROCESS
1. Once a student-athlete has visited a medical provider and provided their primary insurance coverage, the doctor will submit a claim to the student-athlete’s primary insurance company for processing.
2. After the student-athlete has left the provider’s office, a bill will be sent to the student-athlete, usually on a monthly basis.
3. The student-athlete must bring all related medical bills to their team Athletic trainer or to the athletic insurance office.
4. The athletic insurance office will make insurance corrections with providers if stated wrong on the bill, aid in correct insurance processing, and provide the secondary insurance information.
5. Once the primary insurance has reviewed and paid on the claim, the secondary insurance coverage provided by Boise State Athletics will be billed.
6. If the submittal process runs smoothly, it could take three to four months for the entire balance to be paid.
7. Boise State Athletics will not pay for missed appointment fees or interest that accrues on a bill in collections. That is the responsibility of the student-athlete.

EXIT PHYSICALS
All student-athletes are required to undergo an exit physical at the completion of their intercollegiate participation, no matter the condition (graduation, exhausting eligibility, transfer, leaving a team) with their designated Boise State athletic training staff. The exit physical is part of the exit process of the athletic department. Once the athletic training staff has completed an exit physical, they will note whether or not the student-athlete needs to be followed for further care, referred for a consultation or exam or discharged from care by the Boise State medical Staff.
If the student-athlete does not complete an exit physical, a hold will be placed on their student account and the student-athlete will not be able to drop/add classes or obtain a transcript until the exit process has been completed.
In the case of bowl games in football, end of season tournaments, etc., the exit physical may actually be done prior to the completion of practice and competition. In that case, any follow-up care needed may be scheduled following the completion of the practice and competition.
For exit physical timelines, refer to graduating seniors/student-athletes exhausting eligibility and student-athletes leaving a team below.

GRADUATING SENIORS/STUDENT-ATHLETES EXHAUSTING ELIGIBILITY
Graduating seniors and student-athletes that have exhausted their eligibility must undergo an exit physical by the Boise State athletic training staff (see exit physical policy above). Once the athletic training staff has completed an exit physical, they will note whether or not the student-athlete needs to be followed for further care, referred for a consultation or exam or discharged from care by the Boise State medical Staff. To receive this extension of care for an athletic-related injury, the student-athlete MUST maintain primary insurance coverage which will be billed as the primary insurance in accordance with the Boise State student-athlete insurance coverage guidelines listed on page 49.
Boise State Athletics will pay for pre-approved athletically-related medical bills for up to six months from the date of completion of the exit physical or when discharged from care by a Boise State approved medical provider for the specific injury, whichever comes first. Student-athletes requesting additional care after six months, should contact their team’s designated athletic trainer who will work with the head
athletic trainer to have the student-athlete be re-evaluated by a Boise State approved medical provider for possible extended coverage for an additional six months (12 month maximum total).

If surgery is needed, the surgery must be performed within six months of exit physical date AND be performed by Boise State team physicians, unless prior written authorization and documentation is given and referral is made by Boise State Sports medicine staff.

If physical therapy (PT) is needed, the PT must be performed within six months of exit physical date and must be completed at ISMI. If PT is not completed at ISMI, the physical therapy must be pre-approved by Boise State medical staff with the amount and number of visits covered to be determined on an individual basis, but not to exceed 20 visits per injury.

If no follow-up is necessary, Boise State Athletics is not responsible for costs related to any further medical care of the student-athlete.

If Boise State Athletics is responsible for medical bills once the student-athlete is done competing, it is the responsibility of the student-athlete to provide the Boise State athletic insurance office with monthly bills from providers upon receipt. If bills are not provided, the responsibility be on the student-athlete to pay the balance.

**STUDENT-ATHLETES LEAVING A TEAM**

If a student-athlete leaves a team at any time before graduating or completing eligibility, the student-athlete has 10 business days to complete an exit physical with the team’s designated athletic trainer. This 10-day period may only be extended based on the approval of the executive director of athletics or associate athletic director for sports medicine. Requests for extensions should be made in writing and will be viewed in light of the totality of the circumstances that lead to the need for the request.

If follow-up is required, then the student-athlete will have 10 business days from the date of the exit physical to schedule the follow-up appointment with the Boise State team physician or approved referred physician. Failure to comply with the 10-day rule will result in the student-athlete receiving no additional medical coverage from Boise State Athletics. In a case which surgery or follow-up procedures are required, all procedures/care must be administered within 30 days of the exit physical date for coverage by Boise State Athletics and all billing and payment will be done in accordance with Boise State student-athlete insurance coverage guidelines listed in this document. Any required rehabilitation must be done at ISMI and in accordance with Boise State student-athlete insurance coverage guidelines. Should the student-athlete choose to leave the Boise area and/or seek medical care from an out of network provider or facility following surgery, any costs associated with such care will be the responsibility of the student-athlete or his or her parents unless prior written approval for out-of-network care under the circumstances has been granted by Boise State executive director of athletics or Associate athletic director for sports medicine.

If a student-athlete voluntarily leaves a team prior to graduating or completing eligibility and elects to transfer to another institution, the student-athlete has 10 business days to complete an exit physical with the team’s designated athletic trainer. Any medical care required after completion of the exit physical will become the responsibility of the student-athlete or his or her parents, regardless if the care is related to an injury that occurred as a result of the student-athlete’s membership on a Boise State intercollegiate athletics team.

If a student-athlete is removed from the team for any reason, they must still undergo an exit physical with their former team’s athletic trainer within 10 business days of removal. If follow-up care is required, all guidelines outlined regarding a student-athlete leaving a team before graduating or completing eligibility, will be applicable and any required rehabilitation must be done at ISMI and in accordance with Boise State student-athlete insurance coverage guidelines. Any exceptions to this must be requested in writing and are subject to review by athletic department personnel.
NEW STUDENT-ATHLETES ATTENDING CAMPUS IN SUMMER

Student-athletes that are coming to campus in the summer before their first semester of school starts need to provide proof of primary medical insurance and have a physical BEFORE they can participate in workouts. The Boise State Athletic Department is available to assist student-athletes in securing primary insurance coverage through an insurance agent if they do not currently have coverage. Please contact the athletic department insurance office at 208-426-1550 for further information.

AGENT COORDINATION

For any student-athlete who hires an agent or secures outside representation for their personal/business interests after their eligibility is exhausted, has been deleted from a Boise State Athletics roster or otherwise forfeits their college eligibility, a medical release of information must be on file for a Boise State staff member to speak with their agent/outside party. The release of information will be included in paperwork that is signed during the Boise State athletics exit physical process.

If a student-athlete chooses to pursue a career of any kind after they leave Boise State University that requires them to otherwise prepare or train after they have exhausted or forfeited their college eligibility, Boise State will only provide assistance for any athletically-related injuries that have been identified during the exit physical process. Any treatments, therapy or procedures related to these injuries must be determined at the time of the exit physical. This assistance may be capped at a maximum number of visits, financial limit or both. Costs associated with second opinions, evaluations of any kind, follow-up care or procedures performed by non-Boise State University team physicians will be the responsibility of the former student-athlete unless a written referral/documentation is made by Boise State team physicians and approved by Boise State sports medicine staff. If the student-athlete drops their primary (non-Boise State) insurance coverage at any time, all costs associated with care will become the responsibility of the former student-athlete.

If a student-athlete undergoes and passes a physical exam or medical screening and is cleared to participate in physical activity after leaving Boise State, medical coverage for Boise State athletically related injuries or illnesses shall cease on the date of such exam.

NATIONAL TEAM AND INTERNATIONAL COMPETITION

If a student-athlete is selected to participate in international competition, any costs associated with injuries or illness suffered while training, competing or otherwise representing the team they are selected for will be the responsibility of the student-athlete or the governing body of the sport in which the student-athlete is participating in. Boise State staff may assist in referrals or follow up care as needed upon the student-athlete’s return to campus, however all costs for injuries or otherwise will remain the responsibility of the student-athlete.
WEIGHT ROOM

Rules and expectations for the weight room are posted above the office. The Sports Performance Staff reserves the right to exclude anybody from weight room usage that poses a threat to the betterment of Boise State Athletics.

CRITERIA FOR AUTHORIZED USE

Boise State Student-Athletes
Must be cleared by the athletic compliance office and training room before they may use the facility. Training sessions will be conducted at scheduled times. No drop-in training will be permitted unless previously scheduled with a sports performance coach.

Newly Signed Student-Athletes
High school or junior college transfer student-athletes are allowed to use the facility if the athletic compliance office and training room have cleared them (participation clearance form). Training sessions will be conducted at scheduled times. No drop-in training will be permitted unless previously scheduled with a sports performance coach.

Former Boise State Student-Athletes
All former Boise State Student-Athletes must obtain approval from the director of sports performance before utilizing the weight room. If approval is given by the director of sports performance, the proper paperwork must then be filled out in the athletic compliance office.

Professional Athletes
Professional athletes must obtain approval from the director of sports performance prior to utilizing the weight room. Professional athletes must complete the proper paperwork with the athletic compliance office. They must also provide a copy of proof of insurance. All requirements for use of the facility for less than or equal to a two-week period may be void.

Visiting Student-Athletes from Another University
Visiting student-athletes must obtain approval from the director of sports performance prior to utilizing the weight room. If approval is given, the proper paperwork must be completed with the athletic compliance office and a waiver will be kept on file in the office. They must also provide a copy of proof of insurance, as well as proof of being a student-athlete.

Boise State Full-Time Faculty and Staff
Must obtain approval from the director of sports performance prior to utilizing the weight room.

Boise State Students
Will not be allowed to use the Varsity Center weight room.
WEIGHT ROOM FACILITY

Facility Scheduling
All scheduling of the weight room is done by the sports performance staff. Sports performance coaches will have the weight room open to train teams and athletes. Hours will not be set for drop in training. Contact your sports performance coaches for times that the weight room will be available to utilize if you are not a current student-athlete.

Facility Supervision

• The facility must be supervised at all times for liability coverage.
• No keys will be loaned out for facility use. Only strength complex staff will have keys to access the weight room to prevent any unauthorized use.
• There will be no exceptions as this is a University risk management policy to cover the department from liability of unsupervised use.

FUELING STATION RULES

• Each student-athlete may receive one of each separate item in the fueling station per day. No exceptions.
• Milk is designated for after lifting sessions in the weight room.
• Student-athletes may enter the fueling station on their own now.
• Student-athletes are not allowed to scoop their own trail mix. Please ask a coach.
• Please do not interrupt a coach who is coaching on the floor. We see you. We will help when we can.
• Clean up after yourself in the fueling station. This is a privilege, not a right.
• If you miss a training session, are late to a training session, caused a problem during a training session, you will not be allowed to use the fueling station that day.

**PLEASE NOTE, REVISIONS TO THE ABOVE POLICIES MAY OCCUR AT ANY TIME. PLEASE REFER TO THE ONLINE STUDENT-ATHLETE HANDBOOK FOR THE MOST UP-TO-DATE VERSION LOCATED ON HTTP://PRECO.BOISESTATE.EDU/STUDENT-ATHLETE-HANDBOOK**
STUDENT-ATHLETE HANDBOOK
APPENDIX
BOISE STATE UNIVERSITY
INTERCOLLEGIATE ATHLETICS ALCOHOL POLICY

PROTOCOL
• Any alcohol violation, on or off campus, must be reported by the student-athlete to his or her head coach within twenty-four (24) hours of the incident. Failure to do so may result in additional sanctions.
• The head coach must inform the Senior Associate Athletic Director and/or the Athletic Director within twenty-four (24) hours of being informed of the incident.
• The student-athlete shall meet with the Senior Associate Athletic Director within five days to initiate the student conduct process.
• All on-campus alcohol violations shall be handled in accordance with the conduct process outlined in the Boise State University Student Code of Conduct and are subject to the three-strike policy but may result in sanctions from the head coach and/or department. All off-campus violations shall be handled in accordance with both the Boise State University Student Code of Conduct and this policy and are subject to the three-strike policy.

THREE-STRIKE POLICY
The sanctions listed below are the minimum requirements imposed by the Athletic department. The head coach reserves the right to impose stricter sanctions up to and including dismissal from the program at his or her discretion. Alcohol violations shall have a cumulative effect and carry forward throughout the duration of a student-athlete’s intercollegiate athletics period of eligibility and/or while the student-athlete is receiving financial aid unless removed by the Student-Athlete Conduct Committee under the following circumstances:
• The violation was a minor in consumption or a minor in possession of alcohol; AND
• There were no further alcohol related incidents with the student-athlete for a period of twelve (12) months from the date of the violation; OR
• The alcohol violation was removed by a court of law.

DUI convictions are alcohol violations which cannot be removed from a student-athlete’s record by the Student-Athlete Conduct Committee.

First Strike
• If a student-athlete receives an alcohol violation, the student-athlete shall receive a strike.
• The protocol as set forth above shall be initiated.
• The student-athlete will be required to make contact with his or her parent(s) or guardian(s) or spouse (if applicable) and provide notification of the alcohol violation. The head coach will verify that contact has been made.
• The student-athlete will be required to complete counseling through Boise State University Health Services.
• The student-athlete shall be suspended for a minimum of one competition effective immediately. The suspension may carry over to the following year’s competition schedule.

Second Strike
• If a student-athlete receives a second alcohol violation, the student-athlete shall receive a second strike.
• The protocol as set forth above shall be initiated.
• The student-athlete will be required to participate in a conference call between the student-athlete, his or her parent(s) or guardian(s) or spouse (if applicable) the head coach, and the Senior Associate Athletic Director.
• The student-athlete will be required to complete counseling through Boise State University Health Services.
• The student-athlete shall be suspended for a minimum of 20% of a year’s competition schedule effective immediately. The suspension may carry over to the following year’s competition schedule.

Third Strike
• If a student-athlete receives a third alcohol violation, the student-athlete shall receive a third strike.
• The protocol as set forth above shall be initiated.
• The student-athlete will be required to participate in a conference call between the student-athlete, his or her parent(s) or guardian(s) or spouse (if applicable) the head coach, and the Senior Associate Athletic Director.
• The student-athlete shall be permanently removed from all athletic teams.
• If the student-athlete has an athletic grant-in-aid, such grant-in-aid shall be cancelled immediately or at the end of the academic term at the discretion of the Athletic Director.

Confidentiality
All reasonable efforts will be made by University to keep all information relating to counseling, treatment, and sanctions confidential. University personnel identified in this policy will safeguard the confidentiality of the various documents they receive, and divulge them only to the President of the University, his designated representative, or other individuals as identified in this document and its attachments, or as otherwise required by law or by NCAA regulations.
BOISE STATE UNIVERSITY
INTERCOLLEGIATE ATHLETICS DRUG EDUCATION AND TESTING POLICY

I. POLICY

Boise State University believes that the use of certain prohibited drugs (excluding those prescribed by a physician to treat a specific medical condition) can be detrimental to the physical and mental well-being of its student-athletes, can seriously interfere with the performance of individuals as students and as athletes, and can be extremely dangerous to the student-athlete and his or her teammates participating in athletic competition and practice.

The use, sale, or distribution of any prohibited drug not prescribed by a student-athlete’s team physician or personal physician shall result in required treatment and potential discipline as set forth in this policy. The discipline may include temporary or permanent suspension from practice and competition, along with loss of financial aid or scholarships.

BE ADVISED: Dietary supplements of any kind are poorly regulated by the United States Food and Drug Administration. Therefore, no one can guarantee the product’s purity or safety. IMPURE SUPPLEMENTS CAN CAUSE A POSITIVE DRUG TEST. You are advised that the use of dietary supplements is highly discouraged and not recommended and is at the user’s own risk.

This policy is not to be construed as a contract between Boise State University and the student-athletes participating in intercollegiate athletics. However, signed consent and notification forms shall be considered affirmation of the student-athlete’s agreement to the terms and conditions contained in this policy.

For the purposes of this policy, the following persons are eligible for testing:

1. Any student-athlete currently on an active team roster;
2. Any student-athlete whose eligibility has expired, but is receiving assistance for degree completion;
3. Any person listed on a team’s active roster as a practice squad player, i.e., male practice players for women’s basketball and volleyball.

This policy may be updated and amended at any time by Boise State University and is separate and distinct from the NCAA Drug Testing Program.

II. PURPOSE OF THE POLICY

The specific objectives of the policy are as follows:

1. To eliminate the incidents of drug use or abuse by Boise State University student-athletes;
2. To educate the coaches and student-athletes concerning the physical, emotional, mental, financial, and legal problems that are associated with drug use or abuse;
3. To establish policies and procedures for drug screening and to inform the student-athletes of these policies and procedures;
4. To identify student-athletes who may be using or abusing drugs;
5. To treat any problem usage or chronic dependency in a proper medical fashion and through education;
6. To provide reasonable safeguards in the hope of minimizing the risk of medical problems resulting from drug use or abuse;
7. To provide a safe harbor for a student-athlete who comes forth to a coach, staff member, or administrator with a request for help because of drug addiction.

III. DRUG EDUCATION

At the beginning of the academic year, or such other time as may be deemed appropriate, a presentation will be made to all intercollegiate athletic squads to outline and review this policy, its purposes, and implementation. A copy will be given to each student-athlete either separately or as part of the Student-Athlete Handbook and may be provided to the parent(s) or legal guardian(s) of the student-athlete upon request.

Additionally, the NCAA provides resources for student-athletes regarding drug testing and supplement education. Visit www.ncaa.org/health-safety for more information.

IV. DRUG SCREENING PROGRAM


Each student-athlete, and if the student-athlete is a minor, the parent(s) or legal guardian(s) of the student athlete, must sign the ACKNOWLEDGMENT OF RECEIPT OF BOISE STATE UNIVERSITY INTERCOLLEGIATE ATHLETICS DRUG EDUCATION AND TESTING POLICY, CONSENT TO URINALYSIS, AND AUTHORIZATION FOR RELEASE OF INFORMATION FORM (ATTACHMENT #1). Each student-athlete must also submit to drug screening as established by the Boise State University Athletic department as follows:

1. Responsibility
   a. The Drug Program Director (hereinafter referred to as DPD) is in charge of the Drug Screening Program.
b. The DPD is permitted to contract with and designate an outside agency to carry out the Drug Screening Program.

2. **Random Drug Testing**
   a. The DPD or his or her designee will, in conjunction with the outside drug testing agency, determine the dates when random drug testing will take place for each sport.
   b. The DPD and/or the outside drug testing agency will randomly determine the student-athletes to be chosen from each sport for drug testing. That determination will be in writing and will be distributed to the Athletic Director, Senior Associate Athletic Director, and head coaches upon their request.
   c. The DPD or his or her designee will notify each selected student-athlete as to when and where he or she is to present himself or herself for testing.

3. **Reasonable Suspicion Testing**
   a. In addition to the initial random drug testing, subsequent drug testing may be conducted upon reasonable suspicion that the student-athlete has been using a prohibited drug. Reasonable suspicion may be determined from a positive test result in a previous drug screening or evidence of the potential indications of drug usage as set forth in Attachment #2 annexed to this document.

4. **Post-season/Championship Screening**
   a. Any participant or team likely to advance to post-season championship competition may be subject to additional testing. Testing may be required of all team members or individual student-athletes. If a student-athlete tests positive for a prohibited drug, he or she will be subject to the sanctions herein.

5. **Re-entry Testing**
   a. A student-athlete who has had his or her eligibility to participate in intercollegiate sports suspended as a result of a drug violation may be required to undergo re-entry drug testing prior to regaining eligibility. The DPD or his or her designee shall arrange for re-entry testing after the counselor or specialist involved in the student-athlete’s case indicates that re-entry into the intercollegiate sports program is appropriate.

6. **Follow-up Testing**
   a. A student-athlete who has returned to participation in intercollegiate sports following a positive drug test under this policy may be subject to follow-up testing. Testing will be unannounced and will be required at a frequency determined by the DPD or his or her designee in consultation with the counselor or specialist involved in the student-athlete’s case.

7. **Pre-season Testing**
   a. Student-athletes are subject to pre-season drug testing and may be notified of such by the DPD or his or her designee at any time prior to their first competition.

8. **Collection Procedure**
   a. Those selected for drug testing shall be notified not more than 24 hours prior to testing and shall be given instructions on where and when to report for testing. Student-athletes selected may be given a notification form as shown in Attachment #3 and be required to report with photo identification to the testing location as directed. Every reasonable effort shall be made to notify student-athletes selected for testing either in person or via telephone conversation. In the event that neither of the above listed methods proves successful, text message or e-mail shall be used. **IT IS THE RESPONSIBILITY OF THE STUDENT-ATHLETE TO CHECK HIS OR HER CELL PHONE AND/OR E-MAIL ACCOUNT FOR NOTIFICATION.**
   b. The drug testing procedure shall be a urinalysis collection and shall be carried out in accordance with the procedures outlined by the DPD in Attachment #4.

9. **NCAA Drug Testing**
   a. Student-athletes are also subject to the NCAA drug-testing program and must abide by all rules and regulations in regards to notification, collection, and procedure as directed at the time of testing. This is separate and distinct from Boise State University’s institutional drug testing program.

10. **Prohibited Drugs**
    a. Prohibited drugs tested for may include, but are not limited to, those drugs listed in the NCAA BANNED DRUG CLASSES as set forth in NCAA Bylaw 31.2.3.4 which is annexed to this document as Attachment #5.
    b. Tobacco is a drug that is also banned by the NCAA. The use of tobacco, whether by smoking or in smokeless form (“chewing”), is prohibited during practice or competition.
    c. Boise State University may also test for any substance they determine necessary.

**V. VOLUNTARY EVALUATION (“SAFE HARBOR PROGRAM”)**

A. **Self-Referral**
   A student-athlete may refer himself or herself to the Safe Harbor Program for voluntary evaluation and counseling.

B. **Treatment Plan**
   The DPD will work with the student-athlete to prepare a Safe Harbor treatment plan, which may include confidential drug testing. If the student-athlete tests positive for a banned substance upon entering the Safe Harbor Program, that positive test will not count as a positive drug test or result in any administrative sanction unless the student-athlete tests positive in subsequent retest or the student-athlete fails to comply with the treatment plan. A student-athlete will be permitted to remain in the Safe Harbor Program for a reasonable period of time, not to exceed thirty days, as determined by the treatment plan.

C. **Removal from the Safe Harbor Program**
If a student-athlete tests positive for any banned substance after entering the Safe Harbor Program or fails to comply with the Safe Harbor Program treatment plan, the student-athlete will be removed from the Safe Harbor Program and an initial Safe Harbor positive test will be treated as a first positive, and a subsequent positive as a second positive, subject to the sanctions in section VI. of this policy.

D. Safe Harbor Protection

While in compliance with the Safe Harbor Program treatment plan, the student-athlete will not be included in the list of student-athletes eligible for random drug testing by the DPD. Student-athletes in the Safe Harbor Program may be selected for drug testing by the NCAA and sanctioned according to NCAA drug testing program guidelines.

E. Confidentiality

The DPD will inform the supervising athletic trainer, the student-athlete’s head coach, the Athletic Director, and the student-athlete’s parent(s), legal guardian(s), or spouse of the student-athlete’s participation in the Safe Harbor Program.

F. A student-athlete is not eligible for the Safe Harbor Program under the following conditions:

1. If the student has been informed of an impending drug test; or
2. If the student has received a positive drug test.

VI. POSITIVE TEST RESULTS

As used throughout this policy, a “positive drug test” may arise automatically from missing a test or from a test showing the presence of a banned substance, where the drug test was administered by or on behalf of Boise State University or the NCAA, refusal to take a drug test administered by Boise State University or the NCAA, a conviction for drug use, or possession and documented admission of usage of any banned substance.

Positive drug tests shall have a cumulative effect and carry forward throughout the duration of a student-athlete’s intercollegiate athletics period of eligibility and/or while the student-athlete is receiving financial aid.

While serving a suspension for a positive drug test, the student-athlete shall not be allowed to compete “unattached” in an open event.

A. Sanctions for Positive Result Regarding Street Drugs

*The sanctions listed below are the minimum requirements imposed by the Boise State University Athletic department. The applicable head coach reserves the right to impose stricter sanctions up to and including dismissal from the program and revocation of any applicable financial aid at his or her discretion. Please note that any violation that constitutes a crime will also be reported for Clery Act purposes and referred to law enforcement and handled accordingly.

1. Example Street Drugs.

   The following chart illustrates street drugs that may be included in any testing and the minimum cut-off levels where available for a positive test for those example drugs:

<table>
<thead>
<tr>
<th>Substance</th>
<th>Screen Cut-off</th>
<th>Confirmation Cut-off</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amphetamines/Meth</td>
<td>300 ng/ml</td>
<td>200 ng/ml</td>
</tr>
<tr>
<td>Cocaine</td>
<td>100 ng/ml</td>
<td>50 ng/ml</td>
</tr>
<tr>
<td>Marijuana</td>
<td>15 ng/ml</td>
<td>5 ng/ml</td>
</tr>
<tr>
<td>Opiates</td>
<td>300 ng/ml</td>
<td>300 ng/ml</td>
</tr>
<tr>
<td>Ecstasy</td>
<td>300 ng/ml</td>
<td>200 ng/ml</td>
</tr>
<tr>
<td>Oxycodone</td>
<td>100 ng/ml</td>
<td>100 ng/ml</td>
</tr>
<tr>
<td>Methylphenidate</td>
<td>100 ng/ml</td>
<td>100 ng/ml</td>
</tr>
<tr>
<td>Synthetic Cannabinoids (K2, Spice, etc.)</td>
<td>50 ng/ml</td>
<td>50 ng/ml</td>
</tr>
<tr>
<td>Bath Salts</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

   It is important to note that other additional drugs not listed on the chart above may also be included in the testing and at different cut-off levels.

2. First Positive Result

A First Positive Result will be deemed to arise from any of the following: (1) any drug citation from the police; (2) any drug violation on campus, or; (3) a positive drug test under this policy. Upon any of the listed violations, the DPD, Associate Athletic Director for Sports Medicine and Senior Associate Athletic Director in charge of student conduct will be notified. The DPD and Senior Associate Athletic Director in charge of student conduct will in turn notify the Athletic Director, and the applicable head coach. The head coach will notify the student-athlete of the positive result. The student-athlete will be required to meet with the Senior Associate Athletic Director to initiate the student-athlete conduct process in accordance with Boise State University Policy 2020. The student-athlete will be required to participate in a conference telephone call between the student-athlete, his or her parent(s), legal guardian(s) or spouse, the Athletics Director or his designee, and head coach, wherein the student-athlete will inform his or her parent(s), legal guardian(s) or spouse of the positive test result. Additionally, the student-athlete will be required to participate in counseling and any recommended treatment program and will be suspended from competition for the number of events equaling a minimum of ten percent (10%) of a year’s competition schedule to be effective immediately after all administrative appeals are exhausted. However, if the student-athlete is in his or her first season at Boise State, he or she will not be suspended under the Boise State
Drug Policy but may be suspended under team rules. If the positive result is not being challenged the sanctions shall begin at the discretion of the Athletic Director. The suspension may carry over to the following year’s competition schedule. The student-athlete shall also be required to agree to the following conditions: (1) unannounced periodic drug testing and; (2) authorization for the team physician and/or DPD to review records of the student-athlete’s counseling and other drug treatment.

3. Second Positive Result
If a student-athlete violates any of the positive triggers listed in Section VI. A. 1 above after a first positive result has been issued, the DPD and Senior Associate Athletic Director in charge of student conduct will be notified and a second positive result will be issued. In the case of a second positive drug test, the results of the first and second drug tests will be compared to make a determination as to whether additional drug use has occurred. The DPD, Associate Athletic Director for Sports Medicine and Senior Associate Athletic Director in charge of student conduct will notify the Athletic Director, and the applicable head coach. The head coach will notify the student-athlete of the positive result. The student-athlete will be required to meet with the Senior Associate Athletic Director to initiate the student-athlete conduct process in accordance with Boise State University Policy 2020. The student-athlete will be required to participate in a conference telephone call between the student-athlete, his or her parent(s), legal guardian(s) or spouse, the Athletic Director or his designee, and head coach, wherein the student-athlete will inform his or her parent(s), legal guardian(s) or spouse of the second positive test result. Additionally, the student-athlete will be required to participate in further counseling and any recommended treatment program and will be suspended from competition for the number of events equaling a minimum of fifty percent (50%) of a year’s competition schedule to be effective immediately after all administrative appeals are exhausted. However, if the student-athlete tested positive the first time during his or her first season at Boise State, the second positive result will result in suspension from competition only for the number of events equaling a minimum of ten percent (10%) of a year’s competition schedule to be effective immediately after all administrative appeals are exhausted. If the positive result is not being challenged the sanctions shall begin at the discretion of the Athletic Director. The suspension may carry over to the following year’s competition schedule. The student-athlete shall also be required to agree to the following conditions: (1) unannounced periodic drug testing and; (2) authorization for the team physician and/or DPD to review records of the student-athlete’s counseling and other drug treatment.

4. Third Positive Result
If a student-athlete violates any of the first positive triggers listed above after a second positive result has been issued, the DPD, Associate Athletic Director for Sports Medicine and Senior Associate Athletic Director in charge of student conduct will be notified and a third positive result will be issued. In the case of a third positive drug test, the results of the second and third drug tests will be compared to make a determination as to whether additional drug use has occurred. The DPD and Senior Associate Athletic Director in charge of student conduct will notify the Athletic Director, the Senior Associate Athletic Director, and the applicable head coach. The Athletic Director will notify the student-athlete in writing and will notify the student-athlete’s parent(s), legal guardian(s) or spouse. The student-athlete will be dismissed immediately and permanently from all athletic teams. If the student-athlete has an athletic grant-in-aid, such grant-in-aid will be reduced or cancelled immediately or at the end of the academic term at the discretion of the Athletic Director. However, if the student-athlete tested positive the first time during his or her first season at Boise State, the second positive result will result in suspension from competition only for the number of events equaling a minimum of fifty percent (50%) of a year’s competition schedule to be effective immediately after all administrative appeals are exhausted.

5. Fourth Positive Result
If a student-athlete tested positive the first time during his or her first season at Boise State and then violates any of the positive triggers listed above after a third-positive result has been issued, the DPD, Associate Athletic Director for Sports Medicine and Senior Associate Athletic Director in charge of student conduct will be notified and a fourth positive result will be issued. In the case of a fourth positive drug test, the results of the third and fourth drug tests will be compared to make a determination as to whether additional drug use has occurred. The DPD and Senior Associate Athletic Director in charge of student conduct will notify the Athletic Director, the Senior Associate Athletic Director, and the applicable head coach. The Athletic Director will notify the student-athlete in writing and will notify the student-athlete’s parent(s) or legal guardian(s). The student-athlete will be dismissed immediately and permanently from all athletic teams. If the student-athlete has an athletic grant-in-aid, such grant-in-aid will be reduced or cancelled immediately or at the end of the academic term at the discretion of the Athletic Director

B. Sanctions for Positive Tests for Anabolic Steroids or Growth Hormones
*The sanctions listed below are the minimum requirements imposed by the Boise State University Athletic department. The applicable head coach reserves the right to impose stricter sanctions up to and including dismissal from the program at his or her discretion. Please note that any violation that constitutes a crime will also be reported for Clery Act purposes and referred to law enforcement and handled accordingly.

1. First Positive Result
If a student-athlete’s urine sample is confirmed positive for anabolic steroids or growth hormones, or if the student-athlete admits use of anabolic steroids or growth hormones the DPD, Associate Athletic Director for Sports Medicine and Senior Associate Athletic Director in charge of student conduct will be notified. The DPD and Senior Associate Athletic Director in charge of student conduct will in turn notify the Athletic Director, and the applicable head coach. The head coach will
notify the student-athlete of the positive result. The student-athlete will be required to meet with the Senior Associate Athletic Director to initiate the student-athlete conduct process in accordance with Boise State University Policy 2020. The student-athlete will be required to participate in a conference telephone call between the student-athlete, his or her parent(s), legal guardian(s) or spouse, the Athletics Director or his designee, and head coach, wherein the student-athlete will inform his or her parent(s), legal guardian(s) or spouse of the positive test result. Additionally, the student-athlete will be required to participate in counseling and any recommended treatment program and will be suspended from competition for the number of events equaling a minimum of fifty percent (50%) of a year’s competition schedule to be effective immediately after all administrative appeals are exhausted. If the positive result is not being challenged the sanctions shall begin at the Discretion of the Athletic Director. The suspension may carry over to the following year’s competition schedule. The student-athlete shall also be required to agree to the following conditions: (1) unannounced periodic drug testing and; (2) authorization for the team physician and/or DPD to review records of the student-athlete’s counseling and other drug treatment.

2. Second Positive Result
If a student-athlete’s urine sample is confirmed positive for anabolic steroids or growth hormones a second time, or the student-athlete admits continued use of anabolic steroids or growth hormones, the student-athlete’s eligibility shall be dismissed immediately and permanently from all athletic teams. If the student-athlete has an athletic grant-in-aid, such grant-in-aid will be reduced or cancelled immediately or at the end of the academic year at the discretion of the Athletic Director.

VII. DRUG TREATMENT PROGRAM
The treatment program for a positive drug confirmation may include referral to an on-campus or outside rehabilitation agency for assessment and recommendations for treatment. The student-athlete is responsible for payment of treatment costs (such costs may be covered by the student’s insurance). In the event a student-athlete refuses to participate in the recommended treatment, the following actions will be taken:

A. First Unexcused Absence
Upon the first unexcused absence from evaluation or treatment, the student-athlete will be informed in writing that a second unexcused absence will result in immediate suspension from intercollegiate athletic competition for the remainder of the school year. The head coach of the student-athlete’s sport and the Athletic Director or his designee will receive copies of this notification.

B. Second Unexcused Absence
Upon the second unexcused absence from evaluation or treatment, the student-athlete will receive notification in writing that he or she is immediately suspended from intercollegiate athletic competition for the remainder of the school year. The head coach of the student-athlete’s sport and the Athletic Director will receive copies of this notification.

C. Third Unexcused Absence
Upon the third unexcused absence from evaluation or treatment, the student-athlete will receive notification in writing that he or she is immediately and permanently dismissed from intercollegiate athletic competition. The head coach of the student-athlete’s sport and the Athletic Director will receive copies of this notification. If the student-athlete has an athletic grant-in-aid, such grant-in-aid will be cancelled immediately or at the end of the academic term as determined by the Athletic Director.

VIII. TIMING OF SANCTIONS
A. If the positive result is not being challenged, the sanctions, including suspension, shall begin no later than seven days following the positive result unless the suspension is delayed as provided in section VIII.B., below.

B. The Athletic Director may delay the sanctions of one or more student-athletes if multiple student-athletes from the same team would otherwise be suspended at the same time and the impact of the multiple suspensions would affect the ability to field a team or create a potential health risk on the eligible student-athletes due to playing with a decreased squad size. The suspensions should be implemented as quickly as possible, with the largest number of student-athletes being withheld from the first contests.

IX. APPEAL PROCEDURES
A. If a student-athlete tests positive for drugs as set forth in this policy, the student-athlete may request an appeal of the positive result. The request must be submitted in writing to the Athletic Director and the Senior Associate Athletic Director for student conduct within 48 hours of being notified of the positive result. Upon a request for an appeal, the drug testing agency that administered the test will be notified by the Boise State University Athletic department and the B vial from the original sample shall automatically be tested.

B. If the student-athlete wishes to schedule a hearing to contest the results of the “B” vial test, he or she must indicate his or her wish to do so in writing within 48 hours of receiving the results of the B vial test. A hearing will be scheduled within seven business days of receiving the request. The hearing will be conducted by a panel composed of: (1) representative from Boise State University Health Services, (2) a representative from the Athletic department, and (3) a laboratory technician or a representative from Drug Free Sport. The student-athlete may be accompanied by a representative of his or her choice at the hearing. During the appeal and/or hearing process, the medical director or team physician may, at his or her discretion, withhold participation of a student-athlete from practice or competition due to health and safety concerns. If the student-athlete is not
being held for health and safety concerns he or she may continue to participate subject to the discretion of the Boise State University Athletic department.

C. The hearing committee will render a written decision within five (5) working days of the hearing and state its findings and conclusions relating to the drug usage of the student-athlete and the sanctions to be taken against him or her, if any. That decision will be provided to the student-athlete, the Boise State University Athletic department, and the head coach of the student-athlete’s team. The Boise State University Athletic department will keep a record of the decision. The decision of the committee is the final decision of Boise State University.

D. Financial Aid Cancellation or Non-Renewal Appeal
The Office of Financial Aid Appeals Committee for Athletic Grants shall consider all student-athlete financial aid appeals in the Office of Financial Aid and Scholarships. The appeal process can be obtained from the Athletic Compliance Office or the Office of Financial Aid and Scholarships.

X. CONFIDENTIALITY
All reasonable efforts will be made by Boise State University to keep all information relating to testing, counseling, treatment, and sanctions confidential. Boise State University personnel identified in this policy, and its attachments will safeguard the confidentiality of the various documents they receive, and divulge them only to the President of Boise State University or other individuals as identified in this document and its attachments, or as otherwise required by law or by NCAA regulations.
BOISE STATE UNIVERSITY DRUG TESTING PROGRAM
STUDENT-ATHLETE NOTIFICATION FORM

Student-Athlete:
Social Security No: ____________________________ Sport: ____________________________
Date of notification: ________________ Time of notification: ____________________________ a.m./p.m.

I, ____________________________, the undersigned:

(NAME)

Acknowledge being notified to appear for institutional drug testing and have been notified to report to the drug testing station at:

__________________________ , on _____________ on or before _____________a.m./p.m.
(location) (date) (time)

I will be prepared to provide an adequate urine specimen and will not over hydrate. I understand that providing numerous diluted specimens may be cause for follow-up drug testing.

I will be prepared to provide an adequate saliva sample if necessary and will not eat or drink at least 10 minutes prior to providing a saliva sample.

I will be prepared to provide an adequate hair sample if necessary.

I understand that I may have a witness accompany me to the drug testing site.

I understand that failure to appear at the site on or before the designated time will constitute a withdrawal of my previous consent to be tested and will result in a penalty.

By signing below, I acknowledge being notified of my participation in institutional drug testing, and I am aware of what is required of me in preparation for this drug testing event.

Student-Athlete’s Signature: ____________________________ Date: ________________

I can be reached at the following telephone number on test day: ____________________________

Institutional Representative retain top portion of completed forms.

________________________________________________________

Boise State University Drug Testing Program

Student-Athlete: ________________________________________

Location of Test: ________________ Date of Test: ________________Time to Report: ________________

Report to the test site with picture identification.

DO NOT DRINK TOO MANY FLUIDS
URINE COLLECTION GUIDELINES

1. Only those persons authorized by Boise State University and a certified collector will be allowed in the collection room. The certified collector will determine the release of a selected student-athlete from the collection room prior to completing the specimen collection process.

2. Upon arrival, student-athlete will provide photo identification. The student-athlete will then print his or her name and arrival time on the Roster Sign-In Form. In the event that the student-athlete cannot produce photo identification, the student-athlete’s identity can be alternatively confirmed by providing his or her name and student identification number and the names and signatures of two Athletic department employees.

3. The student-athlete will select a Custody & Control Form (CCF) from a supply of such and work with collector to complete necessary information before proceeding with the specimen collection process.

4. The student-athlete will select a specimen collection beaker from a supply of such and will be escorted by a collector (same gender) to the restroom to provide a specimen. The student-athlete will place a unique barcode onto the beaker. And then rinse his or her hands with water and then dry hands.

5. The collector will directly observe the furnishing of the urine specimen to assure the integrity of the specimen.

6. The student-athlete will be responsible for keeping the collection beaker closed and controlled.

7. Fluids and food given to student-athletes who have difficulty urinating must be from sealed containers (approved by the collector) that are opened and consumed in the station. These items must be free of any other banned substances.

8. If the specimen is incomplete, the student-athlete must remain in the collection station until the sample is completed. During this period, the student-athlete is responsible for keeping the collection beaker closed and controlled.

9. If the specimen is incomplete and the student-athlete must leave the collection station for a reason approved by the certified collector, specimen must be discarded.

10. Upon return to the collection room, the student-athlete will begin the collection procedure again.

11. Once an adequate volume specimen is provided; the collector will escort the student-athlete to the specimen processing table.

12. The specimen collector will instruct the student-athlete to closely observe the specimen processing steps and will then measure the specific gravity.

13. If the urine has a specific gravity below 1.005, no value will be recorded on the CCF and the specimen will be discarded by the student-athlete with the collector observing. The student-athlete must remain in the collection station until another specimen is provided. The student-athlete will provide another specimen.

14. If the urine is concentrated (1.005 SG or higher), the specimen processor will record the specific gravity value on the CCF and then measure the urine’s pH. If in range (4.5-7.5 inclusive), the specimen processor will record the pH value on the CCF in the appropriate area. If the student-athlete has a pH
greater than 7.5 or less than 4.5, the specimen will be discarded by the student-athlete with the collector observing. The student-athlete must remain in the collection station until another specimen is provided. The student-athlete will provide another specimen.

15. Once the specimen processor has determined the specimen has a specific gravity above 1.005 and a pH between 4.5 and 7.5 inclusive, the sample will be processed and sent to the laboratory.

16. If the laboratory determines that a student-athlete’s sample is inadequate for analysis, another sample may be collected.

17. If a student-athlete is suspected of manipulating specimens (e.g., via dilution, substitution), the collector will collect another specimen from the student-athlete.

18. Once a specimen has been provided that meets the on-site specific gravity and pH parameters, the student-athlete will select a sample collection kit from a supply of such.

19. The specimen processor will open the kit, demonstrate to the student-athlete the vials are securely sealed, open the plastic, and open the A vial lid. The processor will pour the urine into the A and B vials and close the lids. The specimen processor should pour urine into vials above the minimum volume level (35 mL in A vial; 15 mL in B vial) and pour as much urine as possible into vials using care not to exceed the maximum levels (90 mL in A vial; 60 mL in B vial).

20. The specimen processor will securely close the lids on each vial and then seal each vial using the vial seals attached to the CCF, assuring seals are tightly adhered to the vials with no tears or loose areas.

21. The specimen processor must then collect all necessary signatures (collector, donor, witness, and collector/specimen processor) and dates/times where indicated on the CCF.

22. The specimen processor will place the laboratory copy of the CCF in the back pouch of the plastic bag and the vials the front pouch of the same bag. The bag should then be sealed. The sealed bag with vials will then be placed in the sample box. The box will then be sealed.

23. The student-athlete is then released by the collector.

24. All sealed samples will be secured in a shipping case. The collector will prepare the case for forwarding. When two split samples are collected and packaged, care must be taken to assure one sample is placed in the shipping container for shipment to the “drugs of abuse” laboratory and one sample is placed in the shipping container for shipment to the “anabolic steroids” laboratory.

25. After the collection has been completed, the samples will be forwarded to the laboratory and copies of any forms forwarded to the designated persons.

26. The samples become the property of Boise State University.

27. If the student-athlete does not comply with the collection process, the collector will notify the Boise State University.
It is your responsibility to check with the appropriate or designated athletics staff before using any substance.

The NCAA bans the following classes of drugs:

1. Stimulants;
2. Anabolic Agents;
3. Alcohol and Beta Blockers (banned for rifle only);
4. Diuretics and Other Masking Agents;
5. Street Drugs;
6. Peptide Hormones and Analogues;
7. Anti-estrogens; and

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; and
5. Beta-2 Agonists permitted only by prescription and inhalation.

NCAA Nutritional/Dietary Supplements Warning:

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

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

Check with your athletics department staff prior to using a supplement.
Examples of NCAA Banned Substances in Each Drug Class

Note to Student-Athletes: There is NO complete list of banned substances.
Do not rely on this list to rule out any label ingredient.

1. Stimulants: Amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexaneamine, “bath salts” (mephedrone); octopamine; DMBA; etc. Exceptions: phentylephrine and pseudoephedrine are not banned.

2. Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione): Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; ostarine, stanozolol; stenbolone; testosterone; trenbolone; SARMS (ostarine); etc.

3. Alcohol and Beta Blockers (banned for rifle only): Alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

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

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

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

7. Anti-Estrogens: Anastrozole; tamoxifen; formestane; ATD; clomiphene; SERMS (nolvadex); etc.

8. Beta-2 Agonists: Bambuterol; formoterol; salbutamol; salmeterol; higenamine; norcoclarune; etc.

Additional examples of banned drugs can be found at [www.ncaa.org/drugtesting](http://www.ncaa.org/drugtesting).

Any substance that is chemically related to the class, even if it is not listed as an example, is also banned!

Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting the Resource Exchange Center (REC) at 877/202-0769 or [www.drugfreesport.com/rec](http://www.drugfreesport.com/rec) password: ncaa1, ncaa2 or ncaa3.

It is your responsibility to check with the appropriate or designated athletics staff before using any substance.
CONCUSSION SAFETY PROTOCOL

The following guidelines will be used as part of a comprehensive concussion management program for Boise State University student-athletes. The time frame between steps in this protocol may be extended depending on the ability of the student-athlete to perform the required actions satisfactorily and without a return of symptoms.

Pre-Participation Assessment / Physical Exam: All student-athletes are required to go through a pre-participation physical exam with certified athletic trainers, team sports medicine physicians, and team orthopedic surgeons. Pre-participation physical exam shall include detailed medical history questionnaire consisting of general medical pathologies and orthopedic/musculoskeletal pathologies. Specific questions pertaining to concussion history are included in the general medical questionnaire. All student-athletes shall have a baseline concussion test performed consisting of an ImPact computerized cognitive test as well as a SWAY balance and reaction time testing system. This will be used as comparison for follow-up testing following a diagnosis of a concussion.

No student-athlete shall participate in any team activities until they are cleared by a team physician.

Pre-Participation Education: All student-athletes, coaches, medical staff and department administrators shall take part in a pre-season concussion education session that may include but is not limited to, a verbal, written or video presentation outlining the definition, recognition and treatment of concussions. This education session should take place prior to the beginning of each sport season and may be repeated as necessary throughout the competitive season. As part of the education session, all parties shall be provided with information related to minimizing head trauma exposure. Following the education session, each party shall be required to provide a signature acknowledging they have both read and understand the concussion education material provided to them.

Initial Suspected Concussion Evaluation:
If a student-athlete displays any signs or symptoms of concussion or complains of symptoms consistent with a concussion, they are to be removed from all activity immediately and may not return to activity for the remainder of that day. An evaluation shall be performed by a certified athletic trainer or a team physician which will include, but is not limited to:

1) Injury history
2) Physical exam which may include a neurological exam
   a. Assess for emergent injuries such as cervical-spine pathology, skull fracture, or intracranial bleeding.
3) Cognitive and balance exam
4) Further testing such as diagnostic imaging as determined by the team physician or consultant
5) Student-athlete may require emergency transportation to hospital or physician based on the results of a physical and cognitive exam for concussion as determined by certified athletic trainer or team physician. Specifically, Emergency Medical Services/Boise State University Emergency Action Plan will be initiated for any of the following:
   a. Glasgow Coma Scale < 13;
   b. Prolonged loss of consciousness;
   c. Focal neurological deficit suggesting intracranial trauma;
   d. Repetitive emesis;
   e. Persistently diminished/worsening mental status or other neurological signs/symptoms;
   f. Spine injury.
**Post-Concussion Management:**
Following the diagnosis of a concussion, the following personnel must be notified by the certified athletic trainer responsible for that student-athlete’s sport:

1. Head coach and/or position coach
2. Team Physician
3. Neuropsychologist Consultant
4. Academic advisor for the student-athlete’s team
5. Strength & Conditioning coach for the student-athlete’s team

No medication shall be given to the student-athlete for the first 24 hours unless verbal or written permission is granted by the team physician. After 24 hours the student-athlete may receive oral pain management medication. No NSAIDS such as ibuprofen or naproxen shall be given unless verbal or written permission is granted by the team physician.

Please note that academic requirements such as classes, labs, workshops and study sessions as well as team lifts and workouts with the strength and conditioning coaches may be affected. Therefore, it is necessary to provide notification to the proper support personnel associated with the affected student-athlete’s team regarding their condition. (See Appendix A for Concussion Return-to-Learn Management Plan.)

All Boise State University emergency action plans shall be updated yearly and reflect steps that are to be taken in the event of any catastrophic injury or illness requiring evaluation, diagnosis, and/or transportation for further medical care. These emergency action plans should include guidelines for repeated evaluation and follow-up care post-injury, including oral or written instructions for student-athletes or other responsible parties.

Student-athletes with prolonged recovery following concussion will be re-evaluated by a physician to confirm the diagnosis of concussion, and to consider other diagnoses such as post-concussion syndrome, sleep dysfunction, migraine or other headache disorders, mood disorders such as anxiety and depression, and ocular or vestibular dysfunction.

**Stepwise Return to Play:** The following steps are to be performed when returning a student-athlete to competition following a diagnosis of concussion. The protocol shall not begin until the student-athlete reports and/or presents as symptom free for a minimum of 24 hours following their diagnosis. Post-concussion symptom checklists will be recorded daily on the SWAY balance and reaction time testing system. The student-athlete may be advanced step by step on a daily basis as long as there are no symptoms displayed or reported from the previous stage. The timeline for the return to play protocol may only be condensed if directed to do so by the team physician.

**Step 0**

a) Incident leading to concussion diagnosis is documented. SWAY test is administered day of incident as part of diagnosis.

b) Implement return-to-learn management plan (see Appendix A).

c) Symptom checklist recorded daily until symptom score reaches “0.”

d) Student-athletes with prolonged symptoms shall follow-up with team physicians and/or neuropsychologist consultant as appropriate.

**Step 1**

a) Student-athlete completes final symptom checklist to confirm asymptomatic diagnosis

b) SWAY balance and reaction time testing system administered

c) Low intensity activity (approx. 0-50% maxHR*)
   a. i.e. 15-20 minutes of stationary bike, UBE, elliptical, or equivalent
Step 2
a) Moderate intensity activity (approx. 50-70% maxHR)
   a. 15-20 minutes of stationary bike interval sprints (i.e. 15 second spring: 45 second active rest) with 3-5 minute warm up and 3-5 min cool down
   b. 3-5 sets of functional, sport specific, movement exercises
      i. i.e. push-ups, sit-ups, squats, burpies, etc.
   c. 8-10, 30-60 yard striders (depending on the sport and surface of competition)

Following successful completion of “Step 2” student-athlete may return to team lifts and conditioning

Step 3
a) Heavy intensity activity (approx. 70-100% maxHR)
   a. 10, 30-60 yard sprints
   b. 15-20 minutes of sport specific agility drills

Step 4
a) ImPact test administered and reviewed by neuropsychological consultant
   b) Return to non-contact team practice sessions

Step 5
a) Return to regular/contact team practice sessions

Step 6
a) Full return to team activities without limitations, including competition
   a. Student-athlete’s final return to play decision is determined by team physician or designee (i.e. certified athletic trainer).
   b) Student-athlete will be put through a follow-up baseline SWAY Balance and Reaction Time Test assessment after full return to team activities

*Formula for determining estimated max HR: max HR = 205.8 – (0.685 x age)
*Monitored during activity with use of heart rate monitor

Reducing Exposure to Head Trauma:
Boise State University athletics personnel will adhere to the following principles, which will help to mitigate head trauma exposure:
- Adherence to Inter-Association Consensus: Year-Round Football Practice Contact Guidelines;
- Adherence to Inter-Association Consensus: Independent Medical Care Guidelines.
- Reducing gratuitous contact during practice;
- Taking a ‘safety first’ approach to sport;
- Taking the head out of contact;
- Coaching and student-athlete education regarding safe play and proper technique.
CONCUSSION RETURN-TO-LEARN MANAGEMENT PLAN

Boise State University’s return-to-learn management plan shall be used to help student-athletes diagnosed with a concussion return to normal cognitive functioning both inside and outside of the academic classroom.

Each concussion will be handled on an individual basis, with the student-athlete’s primary certified athletic trainer serving as the point person for their return-to-learn process.

After a concussion has been diagnosed, a student-athlete shall be instructed to not attend class, study sessions, or any other form of classroom activities on that day. The student-athlete may remain at home/dorm if he/she is unable to tolerate light cognitive activity. The student-athlete’s return-to-learn point person (i.e. certified athletic trainer) is responsible for notifying the student-athlete’s academic advisor about their concussion and any immediate academic restrictions as necessary. A gradual return to classroom and studying plan shall be implemented by the student-athlete, certified athletic trainer, team physician, and academic advisor. If symptoms worsen while returning to academic work, the student-athlete shall follow-up with the team physician. Additionally, the team physician or members of the multi-disciplinary team noted below will re-evaluate student-athletes with symptoms that last more than 2 weeks.

In the event of prolonged symptoms and difficulty returning to academic work, a multi-disciplinary team shall be formed to assist with the process. The multi-disciplinary team may consist of, but is not limited to:

- Team physician
- Certified athletic trainer
- Neuropsychologist consultant
- Psychologist
- Faculty athletic representative
- Academic advisor
- Course instructors/professors
- College administrators
- Office of disability services
- Coaches

Academic accommodations and schedule modification will be made as appropriate. All accommodations and modifications should be in compliance with the Americans with Disabilities Act Amendments Act (ADAAA; http://www.eeoc.gov/laws/statutes/adaaa.cfm). For prolonged cases or cases that cannot be managed through academic accommodations and modifications resources such as Boise State University’s Educational Access Center (https://eac boisestate edu/) shall be made available.
I, ____________________________, a member of the team ____________________________,

certify that I have received the 2013-2014 Student-Athlete Handbook and I am responsible for the material in it. I understand that any updates to this information will be made available through the current edition of the Student-Athlete Handbook found on http://preco.boisestate.edu/student-athlete-handbook

By signing this form, you affirm that you understand the University will always act without regard to age, race, color, religion, sex, national origin, ancestry, disability, veteran status, sexual orientation, or political affiliation.

Additionally, you affirm that you have received and understand the University’s policy and procedures on handling any affirmative action or discrimination issues. You agree to abide by this policy and procedures should any such issues arise.

Boise State University, its trustees, board of directors, officers, employees, and agents are hereby released from legal responsibility or liability for the release of such information and records as authorized by this form. To the extent set forth in this document, I waive any privacy or privilege I may have in connection with such information.

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BOISE STATE UNIVERSITY INTERCOLLEGIATE ATHLETICS
DRUG EDUCATION AND TESTING POLICY, CONSENT TO URINALYSIS,
AND AUTHORIZATION FOR RELEASE OF INFORMATION

• I have been advised that dietary supplements, of any kind, are poorly regulated by the United States Food and Drug Administration. Therefore, there is no guarantee of the product’s purity or safety. IMPURE SUPPLEMENTS CAN CAUSE A POSITIVE DRUG TEST. You are advised that the use of dietary supplements is highly discouraged and not recommended and is at the user’s own risk.
• I hereby acknowledge that I have received a copy of the Boise State University Intercollegiate Athletics Drug Education and Testing Policy and fully understand the statement of advisement above. I further acknowledge that I have read said Policy, and that I fully understand the provisions of the program set forth in that Policy.
• I hereby consent to have one or more samples of my urine collected during the academic year in accordance with said Policy, and tested for the presence of certain drugs or substances in accordance with the provisions of that Policy.
• I further authorize you to make a confidential release to the Athletic Director, Senior Associate Athletic Director for student conduct, my team’s head coach, my parent(s), legal guardian(s), or spouse, and the DPD of all test results relating to the screening or testing of my urine sample(s) in accordance with the provisions of the Policy. To the extent set forth in this document, I waive any privacy or privilege I may have in connection with such information.

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BOISE STATE UNIVERSITY INTERCOLLEGIATE ATHLETICS
ALCOHOL POLICY AND AUTHORIZATION FOR RELEASE OF INFORMATION

• I hereby acknowledge that I have received a copy of the Boise State University Intercollegiate Athletic Alcohol Policy and fully understand the statement of advisement. I further acknowledge that I have read said Policy, and that I fully understand the provisions of the program set forth in that Policy.
• I further authorize you to make a confidential release to the Athletic Director, Senior Associate Athletic Director, my head coach, parent(s), or legal guardian(s) of all documents created in accordance with that Policy. I further authorize you to make a confidential release to the Athletic Director, Senior Associate Athletic Director, my head coach, parent(s), or legal guardian(s) of all documents created in accordance with that Policy. To the extent set forth in this document, I waive any privacy or privilege I may have in connection with such information.

Print Full Name ____________________________

Signature ____________________________

Date ____________________________