



Student-Athlete Handbook

2022-2023

ATHLETIC STAFF DIRECTORY

Regis University
Department of Intercollegiate Athletics
3333 Regis Blvd F20
Denver, CO 80221
Main Number: 303-458-4070

Administration

Kate Whalen	Assoc AD for Compliance/SWA Interim Athletic Director	303-458-4071
David Wilson	Asst AD Communications	303-458-4052
William Lee	Asst AD External Relations	303-964-5106
Philip Piech	Asst AD Facilities	303-458-3591
Andy Wheeler	Assoc AD /Student Services	303-964-6401
Tori Kassebaum	Administrative Coordinator	303-458-4368
Jim Seibert	Faculty Athletic Representative	303-458-4102
Rory Grady	Head Athletic Trainer	303-458-4992
Ana Smith	Assistant Athletic Trainer	303-458-4339
Bowersmith, Spencer	Head Strength and Conditioning Coach	303-458-4339

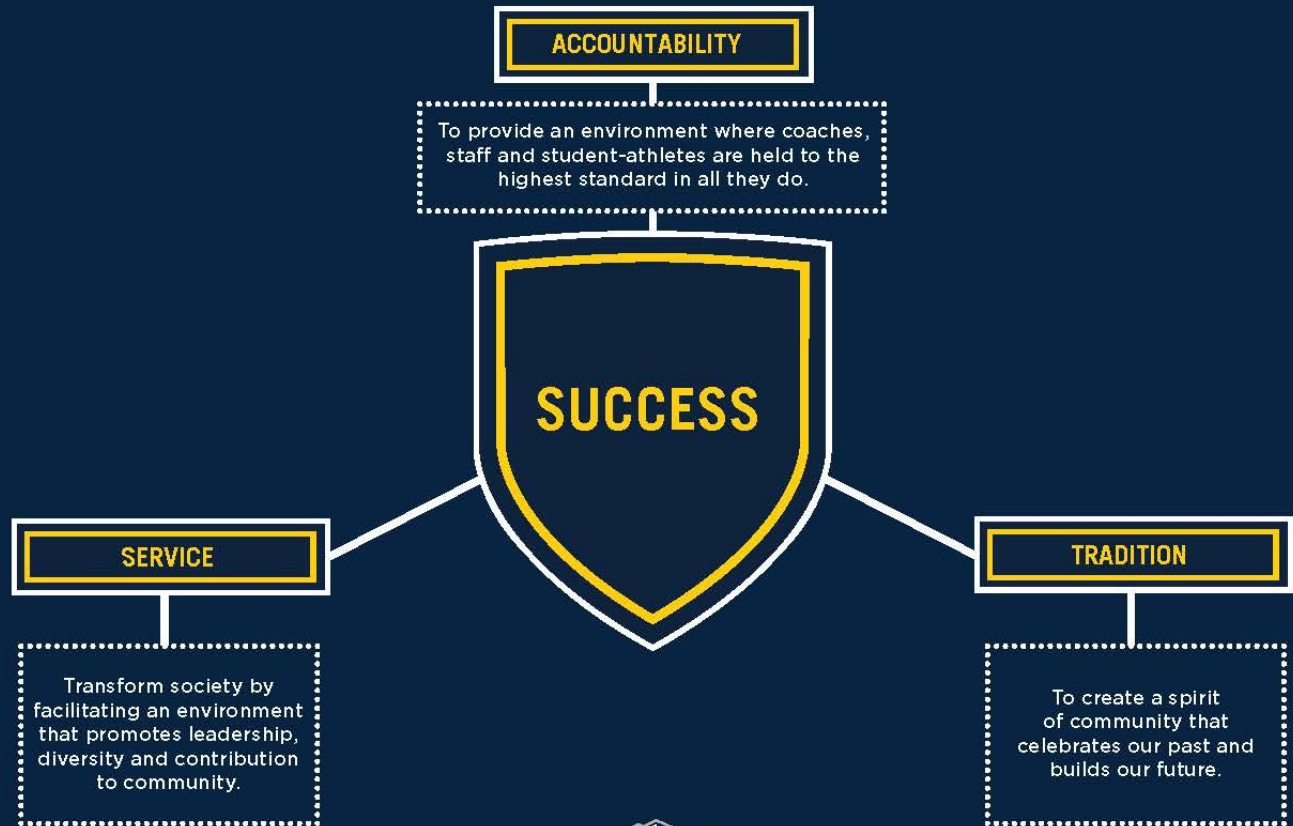
Baseball	Drew LaComb	Head Coach	303-458-3519
Men's Basketball	Brady Bergeson	Head Coach	303-964-6311
Women's Basketball	Molly Marrin	Head Coach	303-964-5334
M&W Cross Country	John Esquibel	Head Coach	303-458-4392
M&W Golf	Peter Pougnet	Head Coach	303-458-4317
Women's Lacrosse	Sarah Kellner	Head Coach	303-964-3681
Men's Soccer	Taylor Diem	Head Coach	303-458-4359
Women's Soccer	Jeff Frykholm	Head Coach	303-458-4981
Softball	Nicole Thompson	Head Coach	303-458-4307
Volleyball	Joel List	Head Coach	303-458-4054



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ATHLETICS MISSION STATEMENT

The Regis University athletics department seeks to encourage the success of student-athletes by reaching their maximum potential in athletic competition, academic progress and personal development, through an environment of accountability, service and tradition.



3333 Regis Blvd., F-20, Denver,
CO 80221-1099 | 303.458.4070
REGISRANGERS.COM

2022-2023 ACADEMIC CALENDAR

FALL 2022

Classes Begin	Aug. 22, 2022
Add/Drop Ends	Aug. 29, 2022
Labor Day (No Classes, University Closed)	Sep. 5, 2022
Mass of the Holy Spirit (10:50a.m. classes will not meet)	Sep. 15, 2022
Fall Faculty Conference (No Classes)	Oct. 7, 2022
Mid Semester Break (No Classes)	Oct. 10-11, 2022
Withdrawal Ends	Nov. 6, 2022
Thanksgiving Holiday Break (No Classes)	Nov. 23-27, 2022
Final Exams	Dec. 5-9, 2022
Term Ends	Dec. 12, 2022

SPRING 2023

Classes Begin	Jan. 9, 2023
Martin Luther King Jr. Day (No Classes, University Closed)	Jan. 16, 2023
Add/Drop Ends	Jan. 17, 2023
Spring Break (No Classes)	Feb 25 - Mar 5, 2023
Withdrawal Ends	Apr. 2, 2023
Easter Break (No Classes)	Apr. 7-9, 2023
Final Exams	Apr. 24-28, 2023
Baccalaureate Mass	Apr. 30, 2023
Term Ends	Apr. 30, 2023

TITLE IX

Title IX of the Education Amendments Act of 1972 (20 U.S.C. 1681 et. Seq.) is a federal Civil rights statute which prohibits discrimination on the bases of sex in education programs receiving federal funds. Athletics is considered an integral part of an institution's education program and is, therefore, covered by this law.

The Title IX regulation provides that if an institution sponsors an athletics program, it must provide equal opportunities for both males and females. It requires that an institution must 1) effectively accommodate the athletics interests and abilities of men and women to the extent necessary to provide equal athletics opportunities; 2) provide athletic scholarship dollars in proportion to the participation of men and women in the intercollegiate athletics program; and 3) comply with 11 other program areas.

I. Accommodation of Interests and Abilities

Three-part test. One of the three criteria listed below must be met:

1. Provide sport participation opportunities for women and men proportionate to undergraduate student enrollment;
2. Demonstrate a history and continuing practice of program expansion for the underrepresented sex;
3. Fully and effectively accommodate the interests and abilities of the underrepresented sex.

II. Athletic Scholarships

Total scholarship dollars are to be awarded to each sex in proportion to their participation rates in intercollegiate athletics (i.e., if 55% of the participants are men and 45% are women, then 55% of the scholarship dollars are to be awarded to men and 45% to women).

III. Other Program Areas

1. equipment and supplies;
2. scheduling of games and practice times;
3. travel and per diem allowances;
4. tutoring opportunities;
5. assignment and compensation of coaches;
6. locker rooms, practice and competitive facilities;
7. medical and training facilities and services;
8. housing and dining facilities and services;
9. publicity;
10. support services; and
11. recruitment of student-athletes.

Any questions regarding Title IX should be directed to the Senior Woman Administrator or the Equal Opportunity and Title IX Coordinator.

NCAA AND CONFERENCE AFFILIATION

Regis University competes at the Division II level of the National Collegiate Athletic Association (NCAA), as a member of the Rocky Mountain Athletic Conference (RMAC).

<u>Institution</u>	<u>Location</u>
Adams State College	Alamosa, Colorado
Black Hills State University	Spearfish, South Dakota
Chadron State College	Chadron, Nebraska
Colorado Christian University	Lakewood, Colorado
Colorado School of Mines	Golden, Colorado
Colorado State University-Pueblo	Pueblo, Colorado
Fort Lewis College	Durango, Colorado
Colorado Mesa University	Grand Junction, Colorado
Metropolitan State University of Denver	Denver, Colorado
New Mexico Highlands University	Las Vegas, New Mexico
Regis University	Denver, Colorado
South Dakota School of Mines & Technology	Rapid City, South Dakota
University of Colorado – Colorado Springs	Colorado Springs, Colorado
Western State Colorado University	Gunnison, Colorado
Westminster College	Salt Lake City, Utah

** Oklahoma Baptist in Shawnee, OK is an affiliate member in the sport of Women's Lacrosse.



STUDENT-ATHLETE CODE OF CONDUCT

All student-athletes associated with the intercollegiate athletics program are expected to represent the University in an honorable and respectful manner at all times. Student-athletes are highly visible University representatives, to the student body, the community and the country. In addition to the student-athlete handbook, each student-athlete is expected to adhere to the rules, regulation and policies of all these authorities:

National Collegiate Athletic Association (NCAA) and Rocky Mountain Athletic Conference (RMAC): Student-athletes are subject to all rules and regulations of the NCAA and the RMAC including but not limited those governing unsportsmanlike behavior, non-therapeutic drug use, gambling and bribery, as well as other forms of misconduct.

Regis University All student-athletes are subject to the Standards of Conduct outlined in the Regis University Student Handbook and those rules and expectations applicable to the athlete's academic program. A student-athlete charged with a violation of the general standards of conduct will be referred to the Student Conduct Officer for possible disciplinary action and if relevant, the student-athlete's academic advisor.

Department of Athletics The Athletic Department has established additional responsibilities and standards of conduct and ethics for student-athletes. The student-athlete Code of Conduct is outlined in the next sections.

Head Coach Each head coach has on file with the Director of Athletics (and/or with their sport administrator) specific team rules that may be more stringent than the Athletic Department Code of Conduct. Each individual Head Coach and their staff (coach) establish these team rules. The coach will inform team members about these specific team rules at the beginning of each academic year.

**Please note that any violation can result in sanctions from any and all of these governing authorities.*

For a summary of all NCAA regulations that govern you as a student-athlete go to:

https://ncaaorg.s3.amazonaws.com/compliance/d2/2019-20D2Comp_SummaryofNCAARegulations.pdf

In addition to our expectations that student-athletes respect University standards of conduct and policies applicable to all students, including applicable federal, state and local government laws, regulations and ordinances, the Regis Athletic Department expects its student-athletes to comply with conduct expectations identified below. Any violation of the Student-athlete Code of Conduct is subject to sanctions as enumerated below.

- (1) **Alcohol Policy:** The Colorado drinking age is 21 for regulated alcoholic beverages. As a member of a Regis University athletic team, if you are under 21, you are expected to abide by this law. If you are 21 or over, you are governed by the policies set by your coach. **Student-athletes, regardless of age, may not possess or consume regulated alcoholic beverages while on a University sanctioned road trip. Prohibited acts involving alcohol:** (1) Possessing or consuming alcohol if under the age of 21, (2) operating a motor vehicle while under the influence of alcohol, (3) misrepresenting ones age for the purpose of purchasing, possessing or consuming alcohol, (4) purchasing, furnishing, serving alcohol to or for an underage person, (5) public intoxication, (6) violation of additional team rules regarding alcohol use, (7) violation of any campus alcohol policies, and/or (8) consumption of alcohol during team travel or team functions, and/or (8) sponsoring a social event on or off-campus at which alcohol is knowingly or unknowingly provided to students under the age of 21.

**Please note that cases of excessive alcohol use including but not limited to hospitalization due to alcohol use, police involvement or extreme public intoxication will be dealt with more severely on a case-by-case basis as determined by the Athletic Director.*

- (2) **Drug Policy:** Regis University does not permit and strictly prohibits the unauthorized use, sale, distribution or possession of illegal drugs, marijuana or other NCAA banned substances. Unauthorized drug use by student-athletes at Regis University is strictly prohibited. Every student-athlete must be familiar with and comply with this policy. All Regis student-athletes are subject to drug testing and disciplinary actions if drug use is proven through testing or other legitimate means (see pg. 12). **Please note that the use of marijuana, although legal in Colorado, is still impermissible by the NCAA, Regis University and Regis University Athletics.**

Education: All student-athletes currently participating in Regis Athletics will be required to attend annual student-athlete wellness education to include substance abuse education. These meetings will be directed by the Athletic Department during the student-athletes time as a varsity athlete.

Rationale: The use of unauthorized drugs and alcohol, as well as other controlled substances by student-athletes gives rise to problems and risks that are not commonly shared by other University students. The health risks associated with unauthorized drug use are often intensified by highly energized physical activity that is expected and demanded of

athletes. *Binge drinking is strongly discouraged by the Regis University Athletic Department and we ask that all student-athletes are responsible and use moderation if they choose to use alcohol within the guidelines that are permitted.* Further, the use of unauthorized drugs and other controlled substances violates the rules of the RMAC and the NCAA, which regulate the play of University teams and can jeopardize not only the competitive qualifications of an individual student-athlete, but also the entire team and program. It is with deep concern for the wellbeing of the student-athletes under its charge and the integrity of the sports in which they engage, that Regis University has determined to conduct a highly responsible drug, alcohol and other controlled substance use monitoring and testing program for its student-athletes.

- (3) **Tobacco Use:** NCAA Bylaw 11.1.5 prohibits the use of tobacco by players and coaches during all practices and competitions. Student-athletes and coaches may not use any form of tobacco at any other time while representing Regis University.
- (4) **Travel:** Student-Athletes are required to recognize that all university-sponsored travel is viewed as a business trip and are expected to conduct themselves professionally and focus on academics and competition. All student-athletes must adhere to the following rules while on University sponsored road trips:
- Student-athletes are required to travel to and from an athletic competition with their teammates and coaches.
 - All student-athletes must attend all team activities to include team meals, practices and competitions.
 - Family time may be allowed only after the completion of all team responsibilities
- (5) **Sports Wagering/Gambling:** According to NCAA Bylaw 10.3, student-athletes shall not knowingly:
- (a) Provide information to individuals involved in organized gambling activities concerning inter-collegiate athletics competition;
 - (b) Solicit a bet on any intercollegiate team;
 - (c) Accept a bet on any team representing the institution; or
 - (d) Participate in any gambling activity that involves intercollegiate athletics or professional athletics, through a bookmaker, a parlay card or any other method employed by organized gambling.

The prohibition against sports wagering applies to any institutional practice or any competition (intercollegiate, amateur or professional) in a sport in which the Association conducts championship competition, in bowl subdivision football, and in emerging sports for women.

Per NCAA Bylaw 10.4 (Disciplinary Action), student-athletes found in violation of the provisions of the Sports Wagering bylaw shall be ineligible for further intercollegiate competition, subject to appeal to the Committee on Student-Athlete Reinstatement for restoration of eligibility.

- (6) **Sportsmanship:** All student-athletes are required to conduct themselves on and off the field of play in a respectful manner. Unacceptable behavior includes, but is not limited to, the following actions:
- Taunting opponents, coaches or fans.
 - Abusing officials either physically or verbally.
 - Fighting with an opponent, before, during or after a competition. Any athlete who engages in a fight will be suspended for a minimum of one game beginning with the next contest. If the fight occurs in the last game of the season, the suspension will carry over into the following year. This rule applies to any fighting incident, no matter who initiated the fight or incident.
 - Throwing of objects in an attempt to cause harm to or intimidate others or to express anger, displeasure or frustration.
 - Using obscene or other inappropriate language or gestures.
 - Making derogatory statements to the media directed at fellow athletes, coaches or the University.
 - Participating in any action which violates the recognized ethical standards of intercollegiate athletics, the University or the community.
- (7) **Amateurism:** In order to maintain continuing eligibility and not lose amateur status, the following activities must be avoided at all times during your time as a student-athlete at Regis University, including summer vacation periods:
- Involvement with an agent (see below).
 - Use of your name, image or likeness in the promotion of any product or brand.
 - Accepting prize money for any competition related to the sport in which you participate.
- (8) **Sports Agent Policy:** It is essential that student-athletes know the NCAA rules related to professional sports. The student-athlete is required to be familiar with and abide by all NCAA rules relating to agents and representation. An infraction of the rules concerning agents could have severe negative consequences for the University and student-athlete. The following is a brief summary of some of the most important aspects of the NCAA rules on agents. These rules forbid a student-athlete from:
- Agreeing, either orally or in writing, to be represented by an agent or organization in the marketing of his/her athletic ability or reputation until after completion of the last intercollegiate contest, including post-season games.
 - Negotiating or signing a playing contract in any sport in which the student-athlete intends to compete.
 - Asking to be placed on a professional league draft list.

- Accepting expenses or gifts of any kind (including meals and transportation) from an agent.
 - Receiving preferential benefits or treatment (e.g. loans with a deferred payback plan) because of reputation, skill or pay back potential as a professional athlete.
 - Retaining professional services for personal reasons at less than the normal charge from a representative of his/her school's athletic interests.
- (9) **Non-Discrimination and Sexual Misconduct:** The Athletic Department supports Regis University in all its effort to provide a safe and respectful community. The Athletic Department is committed to working with the appropriate University entities to abide by and enforce all parts of Regis University's Nondiscrimination and Sexual Misconduct Policy. If you believe there has been a violation of this policy or of harassment based on the protected classes outlined in the Regis policy, including sexual harassment or sexual violence, please contact:

Title IX Coordinator and EEO 3333 Regis Boulevard, Main Hall B-4-204B, Denver, CO 80221-1099, phone number 303-964-6435.

To review the policy in its entirety please go to: <http://www.regis.edu/~media/Files/University/Policies-Procedures/Sexual%20Harassment%20Policy%20Revision%202414.ashx>

- (10) **Bullying/Violence/Assault Policy:** The Athletic Department supports Regis University in all its effort to provide a safe and respectful community. The Athletic Department is committed to working with the appropriate University entities to abide by and enforce all University policies regarding violence and assault. All student-athletes found to be involved in any actions that could be considered bullying, violent or physically abusive as deemed by the Director of Athletics will be considered in violation of the Athletic Department Code of Conduct.
- (11) **Hazing Policy:** The Regis University Athletic Department, in conjunction with Regis University, has determined that any form of hazing undertaken or perpetrated by a member or members of an athletic team against other members of that team, or those seeking membership on or participation with that team, either on or off-campus, is a violation of human rights and dignity and is prohibited.

Hazing Definition: It is common among organized groups/teams to have organized initiation activities that are required for entry into the group/team or to sustain membership within that group/team. Initiation practices, however, can often go beyond their intended boundaries, resulting in hazing incidents. Hazing is any act committed against someone joining or becoming a member or maintaining membership in any organization that is humiliating, intimidating or demeaning, or endangers the health and safety of the person. Hazing includes active or passive participation in such acts and occurs regardless of the willingness to participate in the activities. Hazing creates an environment/climate in which dignity and respect are absent. Hazing applies to events hosted either on or off-campus and can occur with or without the student-athlete's consent.

- (12) **Social Media Policy:** The posting of personal information on the web can produce far-reaching consequences. The Athletic Department will take disciplinary action against any varsity student-athlete who posts photos, captions or comments that depict athletes in violation of Colorado state laws, NCAA rules, Regis University policies, Athletic Department or team policies. Posting of content that is not in line with the values and mission of Regis University and the Regis Athletic Department as deemed by the Director of Athletics can also be subject to disciplinary action.
- (13) **Policy Regarding Entertainment of Prospects:** Current student-athletes who are responsible for entertaining prospective student-athletes may not provide alcohol or any illegal substances to the prospect at any time during the period of the visit. Violation of this policy will most likely result in suspension, dismissal and or loss of athletic financial aid.
- In addition to Athletic Department policies, the student-athlete host should agree to abide by all NCAA regulations and Regis University Standards of Conduct policies, as well as be willing to exhibit a high standard of behavior and personal values.
 - Should you serve as a host of a prospect, you must adhere to all policies set forth.
- (14) **Specific Team Conduct Policies:** Each team has its rules on file in the office of the Director of Athletics at the start of the academic year. These team rules will cover areas not cited elsewhere. The Director of Athletics supports our Regis University coaches in maintaining the values of sportsmanship and ethical behavior both in the athletic arena and the community at large. Repeated violations of team policies or failure to adhere to a behavioral Improvement are violations of the student-athlete Code of Conduct.

Student-Athlete Code of Conduct Violations

Enforcement Process:

1. Any student-athlete Code of Conduct violation must be reported immediately to the AD.
2. The Athletic Department will inform the student-athlete of the alleged violation
3. The student-athlete will be given 72 hours to respond in writing and provide any relevant evidence and witnesses.
4. The student-athlete will be given the opportunity to resolve the violation informally, however informal resolution will not be appealable.
5. The AD will review all the evidence and determine based on a preponderance of the evidence whether or not a violation has occurred, and if appropriate, will determine the sanction.
6. If a student-athlete fails to respond to allegations of a violation it will be viewed as an admission of fault and waive of the right to appeal.

Interim Measures: The Director of Athletics reserves the right to suspend a student-athlete from participation in intercollegiate athletics until the conduct procedures are completed. If such action is taken, the student-athlete will be given written notification of the suspension. The student-athlete may thereafter request, in writing, a meeting with the Director of Athletics. This request must be submitted within 72 hours of the notice of suspension. Based on all available information, the Director of Athletics may lift or modify the suspension, or leave it in place until the case has been decided.

While on suspension, the student-athlete may not practice or compete; however, his/her financial aid will remain in place. Further, the student-athlete's name will remain on the squad list and he/she may utilize student-athlete support services, such as the weight and training rooms and academic support services. By suspending the student-athlete, the Department and the University are in no way prejudging the situation. It is assumed the accused student-athlete will have neither the time nor the mental concentration required for effective sports participation until the matter has been resolved.

Sanctions for Code of Conduct Violations

Any violation of the Athletic Department Code of Conduct, other department policies, NCAA rules or applicable laws, regulations or ordinances shall subject the student-athlete to disciplinary sanctions, which can include, but are not limited to, the following:

- Probation, team practice penalties.
- The imposition of behavioral agreements.
- Suspension from game and/or practice participation.
- Dismissal from the squad.
- Cancellation or reduction of athletic scholarship.

Typically, the sanctions will follow this process:

Warning Letter: A strong letter of reprimand after a warning meeting with an AA and the sports' particular coach.

1st Strike: Imposition of a behavioral improvement plan to be determined by the head coach and AA that oversees the sport.

2nd Strike: Minimum suspension from 10% of the team's contests and a letter of final warning that will also be sent to parents.

Once the student-athlete has been found in violation of the Regis University Athletic Drug Policy, the student-athlete will be assessed a minimum of two (2) strikes in the Student-Athlete Code of Conduct. In addition, student-athletes with alcohol and drug violations will be required to complete mandatory substance abuse counseling sessions.

3rd Strike: The student-athlete will lose remaining eligibility for the season and will also be subject to probable loss of athletic scholarship and expulsion from the program.

Unfulfilled penalties occurring from violations in one regular academic term will roll forward into the next regular academic term. Once you have incurred your first warning, it will remain in place for your entire time at Regis University. Other strikes will be removed one calendar year after they occur if there are no addition violations.

****Such penalties will typically be imposed in addition to any University penalties arising from the student judicial process.***

*****Egregious violations of the Code of Conduct as deemed by the Director of Athletics may be subject to more severe penalties.***

Appeal Process for Student-Athlete Code of Conduct Sanction

- 1) Should the student-athlete want to file an appeal they must notify the AA who oversees the sport within 72 hours of receiving written notice of the sanctions.
- 2) The student-athlete and the AD will write letters to the Appeals Committee.
 - a. The Appeals Committee will include at least three individuals:
 - i. Representatives around the Regis Community to include: FAR, AD and a SAAC Officer.
- 3) The Appeals Committee will meet and the student-athlete, coach and AA can choose to speak to the Committee in person.
- 4) Once a decision is made regarding the appeal, the student-athlete, coach and AD will be notified in writing.
- 5) Copies of the warning letter, appeal letters and the written decision made by the Appeals Committee will be filed in the Athletics Department.
- 6) The decision of the appeals committee is final.

Disciplinary Process for Team Infractions

- 1) The Athletic Department and the coaches will inform all athletes of their responsibilities and requirements as well as the sanctions that govern them as a member of that team.
- 2) Should the coach determine that an athlete is repeatedly violating those standards, the coach will develop a behavioral improvement plan in coordination with the AD that the student-athlete must adhere to moving forward.
- 3) The coach and the AD will meet with the student-athlete and have them review and sign the behavioral improvement plan. Then a copy will be given to the student-athlete and another copy filed with the coach.
- 4) Should the student-athlete not follow the behavioral improvement plan, the coach will notify the AD.
- 5) Team based sanctions and behavioral improvement plans are not appealable.

Student-Athlete Communication/Grievance Procedure

As a Regis student-athlete, you are encouraged to take control of your own athletic experience. If you feel the need to discuss a transfer or have a concern with a member of your coaching staff, please follow the following steps to resolve the issue:

- 1) Student-athlete must discuss the concern/request directly with the coach.
- 2) If the problem remains unresolved, then the student-athlete must discuss the concern/request with Head Coach if the original discussion was with an Assistant Coach.
- 3) If problem is not resolved or more information is needed, the player will then discuss the issue with an athletics administrator.
- 4) After all these steps have been taken, if the issue is not resolved parents can then be involved in the process and contact the Head Coach for non-playing time related issues
- 5) If the problem remains unresolved, parents are encouraged to then contact an athletics administrator for non-playing time related issues.

Team Composition

All student-athletes are reminded that participation in varsity athletics is a privilege not a right. Per NCAA and Regis University policy the Regis University Athletic Department reserves the right to review the composition of team annually and make any changes they deem are appropriate to ensure the continued athletic and academic success of each program.

RESPONSIBILITIES OF THE STUDENT-ATHLETE

The Athletic Department offers an intercollegiate athletic program designed to assist each student-athlete in securing an academic degree and meeting the objectives of the University. When participating in the intercollegiate athletic program, student-athletes must accept certain responsibilities for their personal conduct. They are as follows:

Academic Responsibilities

- Attend classes regularly and complete all academic assignments.
- Maintain an academic load of at least 12 credits per semester (for undergraduate students) and make "satisfactory progress" toward a degree while maintaining a minimum cumulative GPA of 2.0. (Using Regis courses). Graduate students must carry a minimum of 6 credits per semester.
- Maintain academic eligibility as defined by the NCAA.
- Be honest and truthful in all academic work, contacts with faculty and interactions with fellow students.

****Please note that any violations of the Regis University Academic Integrity Policy will likely be viewed as violations of the Athletic Code of Conduct.***

Athletic Performance Responsibilities

- Abide by all Athletic Department, RMAC, NCAA and team rules.
- Maintain oneself in a physical, mental and emotional condition that allows practicing, training and competing at the highest level of ability and skill.
- Attend all scheduled practices and team activities unless officially excused.
- Take proper care of equipment and facilities.

Community Service Responsibilities: All student-athletes are asked to complete at least 16 hours of organized community service per year. In conjunction with other teammates, athletes complete their hours by involvement in a variety of service-oriented projects. Community service activities done separate from team activities may also be used to fulfill this requirement. All service hours must be recorded in the Helper app.

NCAA Eligibility Responsibilities

The student-athlete shall uphold all NCAA, RMAC and Regis University rules, as well as other policies or procedures imposed by the University, Athletic Department, or coaches. The athlete is responsible for being aware of NCAA and University rules as they affect athletic eligibility and satisfactory progress toward a degree. The athlete is a representative of Regis University and, therefore, should represent the University with the utmost integrity, honor, dedication, and pride. Completing your education and receiving your degree is the first priority!

Eligibility

The NCAA requires that a minimum of 12 graded hours per semester (no audit hours) be attempted each semester. If the academic course load drops below 12 hours at any time, the athlete's scholarship and/or eligibility will be in jeopardy. The athlete must notify his/her faculty advisor and compliance office of any classes added or dropped after registration or after classes have begun. This will ensure athletic eligibility and normal academic progress. Student-athletes must maintain a minimum GPA of 2.0; those who fall below a 2.0 GPA at any time will become ineligible to participate in intercollegiate athletics and may lose their financial aid. A major must be declared by a student-athlete's fifth full-time semester of collegiate attendance. Once a major is selected, the student-athlete is responsible taking courses toward that major. You should meet with your faculty advisor to ensure you are on the correct academic track.

Eligibility for Practice & Competition

- I. All new student-athletes must have a physical examination within 6 months prior to any participation.
Returning student-athletes must have an updated history of their medical condition prior to any participation.
- II. All students must be certified eligible by the Compliance Office before they may practice or compete.
 - A. Freshmen
 1. Must have final academic and amateurism certification from the NCAA Eligibility Center (www.eligibilitycenter.org);
 2. Must be registered as a full-time student (12 or more credits);
 3. Must complete a New Student-Athlete Questionnaire;
 4. Must complete NCAA Compliance Forms and related paperwork.
 - B. Transfers
 1. Must complete a New Student-Athlete Eligibility Questionnaire;
 2. Must be registered as a full-time student (12 or more credits);
 3. Must declare a major when entering the 5th full time semester;
 4. Must have final amateurism certification from the NCAA Eligibility Center if never attended or participated in athletics at a NCAA Division I or II institution;
 5. Must meet NCAA requirements for 2 year or 4 year transfers;
 6. Must have at least 9 transferable credits from the previous full-time semester;
 7. Must complete NCAA Compliance Forms and related paperwork.
 - C. Continuing Students
 1. Must meet Division II progress toward degree requirements:
 - Pass a minimum of 24 credit hours in previous year (fall, spring, summer), 18 credits must be earned during the academic year (Fall and Spring semesters);
 - Pass 9 credit hours passed in previous full-time semester to be eligible the following full-time semester;
 2. Must be in good academic standing (cumulative GPA of 2.0 or higher);
 3. Must declare a major at the start of the 5th full-time semester;

4. Must be registered as a full-time student (undergraduate -12 or more credits; graduate – 6 or more credits);
5. Continuing students who are new to a team must have final amateurism certification from the NCAA Eligibility Center and must complete the New Student-Athlete Eligibility Questionnaire;
6. Must complete NCAA Compliance Forms and related paperwork.

Refer to Bylaw 14 in the NCAA Manual regarding eligibility for athletic aid, practice, and competition.

III. **All student-athletes** must sign the following forms prior to participating in practice or competition:

- A. NCAA Student-Athlete Statement
- B. NCAA Drug Testing Consent Form
- C. Student-Athlete Handbook Acknowledgement Form

ACADEMIC ADVISING, TUTORING AND LEADERSHIP OPPORTUNITIES

Freshman Seminar Program / Academic Advisor: Each new freshman must register for a course RCC 200 – Writing Analytically in the fall semester. Each section has a different topic, and students may choose their topic of interest. The professor of this course automatically becomes the freshman's academic advisor and serves as his/her advisor for the student's freshman and sophomore years. At the conclusion of the student's sophomore year, an advisor from the student's major field is assigned for the remaining junior and senior years. Students in pre-health, business, and computer science will also have professional advisors from their respective Colleges. These academic advisors are aware of those students who are athletes and work with the student-athlete to schedule classes that are conducive to the athletic schedule whenever possible.

Tutoring: Free, on-campus tutoring is available to any Regis student who requests it. Tutoring services can be obtained by contacting the Learning Commons (Clarke 241, tlc@regis.edu). It is up to you, the athlete, to seek tutorial help whenever you feel it is necessary. Your professors can also be of help in this area, if you request it.

Leadership Opportunities: The Athletic Department encourages student-athletes to become involved in a variety of leadership positions both on campus and within the department. Student-athletes can serve on the Regis University Student Athlete Advisory Committee (RUSAAC) as a representative of their team. This Board meets bi-monthly and addresses any athletically related issues that they feel need attention.

There is an opportunity for one of the RUSAAC student board members to represent Regis on the Rocky Mountain Athletic Conference Student Athletic Advisory Council.

Excused Athletic Absence Policy

All student-athletes will be excused from classes to attend contests at home or on the road. The following policy regarding student-athlete absences from class was adopted by the faculty and is in place for the 2020-21 academic year. This policy DOES NOT excuse the student-athlete from completing any assigned class work, it simply establishes a plan to make up work that is missed due to class absence for athletic related activities.

Coaches: Prior to the beginning of each semester the coach will prepare the following:

- A copy of the team's schedule
- A copy of the letter from the Faculty Athletic Representative that outlines the missed class policy for the professors.
- An adequate number of copies of each of these letters to allow for every student-athlete on the roster to give a copy to each professor.
- In cases of schedule alteration (i.e., weather changes or post-season competition), the coach will prepare an email explaining the change and address any additional missed class time which will then be forwarded to players to forward to their affected professors.

Student-Athletes:

- The student-athlete shall give a copy of the team's schedule to each professor during the first week of class, **highlighting the dates that will be in conflict with that specific class** along with the attached letter by the Faculty Athletic Representative.
- After the student-athlete gives each professor a copy of the highlighted schedule, the student will ask whether the professor anticipates any critical problems with the arrangement and whether the student's ability to earn a mark equivalent with a non-athlete doing the same quantity and quality of work will be jeopardized by the arrangement. Either right then or at the next meeting of the class, the professor will inform the student-athlete whether the arrangement is acceptable. This will allow both student-athlete and teacher to plan alternative arrangements if the schedule is unsatisfactory or, if the schedule is acceptable, to discuss appropriate arrangements.

- **The student-athlete will email the professor one week prior to missing class to establish a plan to make up any missed class work.**
- **Student-athletes will be expected to keep professors aware of any anticipated changes to game schedule such as weather changes or post-season competition.**

The student-athlete is encouraged to get a non-athlete study partner from the class to apprise him/her of material missed in class. It still remains the responsibility of the student-athlete to make sure that each missed class is accounted for.

The Faculty Athletic Representative is available to provide advice when dealing with athletic absences or other student-faculty issues and conflicts.

The student should keep records and dates of conversations with professors for their own records. Notification of re-scheduled events will be given to professors as soon as that information is available by the student-athlete or the designated athletics administrator.

SPORTS INFORMATION

The Sports Information office handles communication between the Athletic Department, the media and fans. Each team is assigned to a member of the sports information staff who serves as a contact person for that sport.

The responsibilities of the Sports Information department include a variety of duties:

- Producing news releases, feature stories and athletic publications, including game programs and schedule posters;
- Create content and serve as the social media coordinator for Regis Athletics accounts;
- Serving as the official statisticians during home events; all statistical decisions made by the Sports Information Department are deemed official and final; Any stat change requests, home or road games, must be requested by the head coach. For road games, the home institution Sports Information Department has the final ruling.
- Nomination of student-athletes for conference and national athletic and academic honors;
- Maintaining the historical archives of the Athletic Department;
- Scheduling photography, video and audio recording sessions;
- Setting up and producing live stream broadcasts for home contests;
- Updating and maintaining the Athletic internet site: www.regisrangers.com;
- Responding to media and fan inquiries;
- Serving as the University's media liaison to the NCAA, and Rocky Mountain Athletic Conference (RMAC) and other governing bodies.

All media interviews should be arranged through the Sports Information Department. You should not be participating in interviews not arranged by this office. You do not have to answer questions by the media not previously arranged by the Sports Information Department. Contact the Sports Information Department at 303-458-4052 if you have any questions.

SOCIAL MEDIA POLICY

Varsity sport programs set a high standard for commitment, achievement and character. Regis University students who choose to join these athletic programs choose to make sacrifices and accept the responsibility of representing Regis University at all times. Appropriate public conduct and representation is expected at all times.

With social media, creative expression that is thought-provoking, humorous and sometimes serious is part of our everyday lives. It is important however, to keep in mind a few guidelines for staying away from troubling situations.

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

Additionally, anonymous message boards and forums where posters use names that keep them anonymous are potential hazards for athletic teams. Keep in mind that discussing sensitive information can be dangerous to other individuals and is behavior inconsistent with the civility and respect for others that is expected by the Athletic Department and University.

Ultimately, Regis student-athletes should understand that public social media accounts are avenues to create their own personal brand. As leaders and members of Ranger varsity sports teams, that brand should represent the high standards for excellence that embody Regis University.

Utilizing the micro-blogging social media application Twitter, the Regis University Sports Information Office wants to get Ranger student-athletes, their families and friends, the entire Regis campus and the community involved in the conversation regarding the successes of Ranger athletics.

Student-athletes can give their permission for @RegisRangers to follow their personal Twitter accounts (if applicable); tag them in athletic achievement-related posts; and retweet/favorite the student-athlete tweets that put Regis Athletics in a positive light. Those student-athletes who wish not to be tagged or followed should alert the Regis University Sports information Department by email, in person, or via Twitter message and/or place their Twitter accounts on a private setting.

ATHLETIC FINANCIAL AID POLICIES AND PROCEDURES

Athletic Financial Aid: Student-athletes are eligible for athletic scholarships under the discretion of the Head Coach, with the approval of the Director of Athletics, and within the financial aid policy of the University.

Athletic scholarships are awarded on a yearly basis. It should never be assumed that a scholarship will automatically be renewed for the following year. Various circumstances can result in the non-renewal of your athletic scholarship for the following year. These terms should be outlined by your respective coach but can include things such as: dismissal from the team due to violation of team, institution or NCAA rules; blatant misrepresentation of the University; an obvious lack of motivation or negative attitude towards the program; failure to maintain a 2.0 cumulative G.P.A.; and failure to complete 12 credit hours per semester or 24 credit hours in the previous two semesters of attendance. The Director of Athletics clears all cases of non-renewal. Student-athletes will generally not have their aid withdrawn mid-way through the school year, except in cases of ineligibility or grievous disciplinary issues. The process if this should happen is outlined below:

Student-Athlete Grievance Process for the Reduction or Cancellation of Athletic Aid

- 1) The Athletic Department shall inform all athletes of their responsibilities and requirements.
- 2) In cases where a student-athlete is not meeting these requirements and it is determined that aid will not be renewed or aid will be cancelled, the student-athlete will be notified in writing by the Athletic Department and/or the Financial Aid Office.
- 3) Per NCAA rules, all student-athletes will be notified in writing of their continued athletics aid status no later than June 30th each year.
- 4) In all cases of cancellation or reduction, excluding voluntary withdrawal, the student-athlete will be given instructions on how to request an appeal in their written notification of their financial aid status.
- 5) The student-athlete will have 10 days from the receipt of the letter to appeal the decision.
- 6) The student-athlete and the coach will write letters to the Appeals Committee.
 - a. The Appeals Committee will include at least three individuals:
 - i. Representatives around the Regis Community (excluding members of the Athletic Department).
- 7) The Appeals Committee will meet and the student-athlete and the coach can choose to speak to the committee in person.
- 8) Once a decision is made regarding the grant-in-aid, the student-athlete and the coach will be notified in writing.
- 9) Copies of the athletics aid letter, appeal letters and the written decision made by the Appeals Committee will be kept in the Financial Aid Office, as well as in the Athletics Department.

Voluntary Withdrawal from Team: A student-athlete who wishes to voluntarily withdraw from a team may do so at any time. He/she will be required to sign the Roster Removal form which will include any implications to his/her athletic financial aid for the remainder of the period of the award. Once a student-athlete voluntarily withdraws, they forfeit all aid for any subsequent semesters.

REGIS UNIVERSITY ATHLETICS TRANSFER POLICIES

Requesting to Transfer to another Institution: A student-athlete may request to be put into the NCAA transfer portal at any time to contact/be contacted by another institution. (The student-athlete should discuss this first with the head coach.) The student-athlete must meet with the compliance administrator in order to be placed into the NCAA transfer portal.

Use of One-time Transfer Exception (Full Release): Regis athletics will generally grant a full release to any non-RMAC school, however does reserve the right to deny that release in some circumstances. A full release will not be given to any RMAC school.

Procedure for requesting a one-time transfer in the RMAC or in the instances of a denied request:

1. The student-athlete will submit to the Director of Athletics a written request to use the one-time transfer exception. (NCAA Bylaw 14.5.5.3.9).

2. The Director of Athletics will review the request and consult with the head coach and either approve or deny the request.
3. The Director of Athletics will respond to the request in writing within 14 calendar days with either an approval or denial per NCAA Bylaw 14.5.3.9.1
4. If the transfer exception is denied, the student-athlete will be advised that he/she may request a hearing. The hearing shall be held before a committee made up of individuals outside of the athletic department.

Procedure for requesting a hearing for denial of the one-time transfer exception:

1. The student-athlete (SA) must submit a written statement requesting a hearing to Regis University Faculty Athletic Representative (FAR) within 14 calendar days of receiving the written denial. The statement should include information regarding why the SA believes he/she should receive a one-time transfer exception and/or why he/she should receive relief from the athletic department policy of not allowing SA's who are transferring to other RMAC schools to use the one-time transfer exception. Any other substantiating documents should also be submitted to the FAR at the same time.
2. The Athletic department will submit a written statement explaining why the request was denied as well as any substantiating documentation.
3. The FAR will head a committee that will be comprised of faculty and staff members outside of the athletic department. The SA does not have the authority to choose which hearing members are chosen. The SA will also be given the opportunity to participate in the hearing if he/she chooses to. The SA may engage an advisor who may attend the hearing, but he/she may not address the committee. Only the SA may address the committee and present his/her case. The hearing will not be scheduled around the advisor's schedule.

Hearing structure:

1. The hearing will be held within 14 business days of the FAR receiving the request for the hearing.
2. Any written statements or evidence submitted prior to the hearing will be shared with both parties.
3. The hearing will be closed to the public and no recording devices may be used. Individuals or witnesses offering statements will be asked to appear at the hearing as necessary.
4. The Regis University Athletic Department Compliance Officer will explain the NCAA legislation regarding the one-time transfer waiver to the committee.
5. The committee will then ask questions, review evidence and call individuals into the hearing to ask questions, if needed.
6. Once the committee has received all relevant information, in its sole and absolute discretion, all parties will be dismissed by the committee.
7. Per NCAA Bylaw 14.5.5.3.9.1, a written decision will be given to the student-athlete and the athletic department within 30 days following the request for the hearing.

SPORTS MEDICINE& ATHLETIC TRAINING ROOM SERVICES

Mission

Athletic Training is a service provided to you, the student-athlete. Athletic Training is one of many professions that fall under the umbrella of sports medicine. As recognized allied healthcare providers the athletic training staff at Regis University works under the direction and supervision of the Regis University Team Physician and in cooperation with other health care professionals and sports team members to ensure the student-athletes' medical care will be both appropriate and comprehensive. The "team approach" provides the student-athletes' with efficient and professional medical care. Athletic Trainers' have extensive training in the areas of:

- Prevention of athletic injury.
- Recognition, evaluation, and immediate care of athletic injuries.
- Rehabilitation and reconditioning of athletic injuries.
- Emergency care.
- Health care administration.
- Professional development and responsibility.

Please note that confidential medical information obtained by athletic trainers may be shared with the Director of Athletics in the event that the medical condition may be life threatening or injurious to the athlete.

The Athletic Training Department works with a team orthopedic surgeon, a team general practitioner, a chiropractor, and physical therapists. In addition to the orthopedist being available in his office, he schedules time every other week to come to the Regis Athletic Training Room for consultations with student-athletes. The team chiropractor comes every other week to assist athletes who have sustained athletic related injuries. The sports medicine department also has a relationship with an imaging provider (x-ray, MRI, CT) that assists the department with getting student-athletes in quicker. An athletic trainer will be present and provide medical coverage at all official practices, and in season games, both home and away.

Please see the Sports Medicine Handbook for the following material:

1. Staff information
2. Athletic Training Hours of Operation
3. Athletic Training Room rules (listed below as well)
4. Athlete insurance coverage (listed below as well)
5. Lightning protocol
6. Emergency Action Plans
7. Concussion protocols
8. Policy on individual and non-official practices

Student-Athlete Well Being:

When the emotional or mental condition of an athlete inhibits or diminishes a student-athlete's ability to prepare or compete at the highest level of ability and skill, the Athletic Department staff may remove a student-athlete from participation, practice, or physical conditioning until appropriate emotional and mental conditioning are restored. The Department may require a student-athlete to obtain appropriate treatment and care services from a qualified care provider as a condition of continued participation in a sport or as a condition of reinstatement to eligibility for participation. The Athletic Department may refer the student-athlete to medical providers. The choice of a medical provider is always the prerogative of the student-athlete and the University disclaims any liability or responsibility for the quality of the services provided or the qualifications of the medical provider, regardless of whether the provider was referred or recommended by the University. The Athletic Department, as a condition of a student-athlete's continued participation or reinstatement to eligibility to participate in University athletics, may require a student-athlete to submit himself/herself to examination by a medical provider of the University's choice for evaluation, but not treatment. The ultimate decision as to when a student-athlete will be "cleared" for participation is the sole discretion of the Director of Athletics, in consultation with medical professionals, in any instance where a policy is not already in place.

Athletic Training Room Regulations

1. No participation in any conditioning, workout, practice or games without all proper paperwork turned into the Athletic Training Room, properly filled out and cleared by a staff Athletic Trainer. If the paperwork is not completed, the athlete will be listed as ineligible to the Associate Athletic Director for Compliance.
2. The Athletic Training Room is a health care facility. Please act accordingly.
3. Report all injuries to the Athletic Training Staff immediately. Do not report an injury that happened days prior, minutes before practice.
4. Hours of operation
 - Monday – Friday 9:00am – a minimum of 30 minutes after the last practice.
 - ** Athletic Training Room hours may need to be adjusted based on practice schedules.
 - Saturday, Sunday, and Holidays: Hours will be set according to practice and/or games times.
5. All Athletes must make appointments for all treatments/evaluation
6. **SHOWER!!** Before post-practice treatments or getting into the whirlpools. You will not be allowed to do treatments or use the whirlpools without fully showering and using soap.
7. Bring in your own towel if you are using the whirlpools.
8. Morning treatments/rehabilitation and all other health care issues will be scheduled by your team's Athletic Trainer. Please be on time to your scheduled appointment, because your Athletic Trainer may have other obligation which they need to attend.
9. Any athlete that feels they will not be able to compete in an afternoon practice/game as a result of an injury or illness needs to report to their Athletic Trainer before 10:00am.
10. If need should arise for medical care after hours, athletes should first contact their team's assigned athletic trainer by phone or text followed by your coach. The athletic trainer will also notify the coach.
11. The Athletic Training Room will be open for 30 minutes after practices or games.
12. No shoes are allowed on treatment tables and no cleats should be worn in the athletic training room.
13. Respect all athletic training staff members, work study-students, and clinical students. There will be zero tolerance for inappropriate behavior.

14. Do not remove anything from the athletic training room.
15. First come, first serve. Allow yourself enough time for your treatment/rehab. You cannot miss or be late to practice because you were in the athletic training room.
16. The athletic training room is not a lounge. If you are not receiving treatment or doing rehabilitation, do not loiter in the Athletic Training Room.
17. Absolutely no food or drinks (water permitted) are allowed in the athletic training room.
19. No yelling or obscene language will be tolerated.
20. You are responsible for all equipment checked out to you. Once your season has been completed or you no longer need the equipment return it to the athletic training room.
21. Appropriate attire will be worn at all times in the athletic training room. Including when using the whirlpool.
22. Any student athlete that sees a medical provider on their own must bring release plus doctor's notes from that provider before they are allowed to return to competition.
23. Coaches are encouraged to discuss injuries with the sports medicine staff, ask questions, but at no point in time are they able to make decisions regarding treatment, rehabilitation or evaluations. Unless a medical emergency situation arises without an athletic trainer present.
24. If a student-athlete chooses to seek physical therapy/seek a physician outside of Regis University Sports Medicine department, all notes and paperwork must be brought to Regis University Sports Medicine staff to be included into the student-athletes file and to be reviewed by the staff before returning to team activities.
25. Photos or videos (Snapchat, Instagram, Tik Tok) are not allowed in the athletic training room. These violate HIPAA of other student-athletes using the facility.

Phone Numbers to Know:

Campus numbers:

Campus Safety: 303-458-4122
Office of Counseling: 303-458-3507
Student Health Center: 303-458-3558
Victim Advocacy and Prevention: 303-458-4029

National numbers:

Colorado Crisis Services: 844-493-8255 or text TALK to 38255
Suicide Prevention Hotline: 1-877-727-4747
The Blue Bench (Sexual assault prevention and support): 303-322-7273
Trevor Line (LGBTQ): 1-866-488-7386
National Sexual Assault Hotline: 1-800-656-4673
National Suicide Prevention Hotline: 1-800-273-TALK (8255)

Athletic Injury Secondary Insurance Policy

Regis University will provide secondary athletic insurance for all athletes that are injured in a sanctioned practice or competition. This policy will be administered by the Sports Medicine Department. All athletic injuries will be initially run through the student athlete's primary insurance.

Referral Policy:

- The student athlete must report all injuries and illnesses to his/her assigned Athletic Trainer for their sport immediately
- If it is determined necessary the Athletic Training staff will refer the student athlete out for additional medical assistance. The student-athlete must take the secondary insurance referral form to all appointments. **If the referral form is not taken to the appointments the student athlete/student athletes parents/guardians will be responsible for the bill.**
- The medical referral form will only be given for athletic related injuries or illnesses
- All non-athletic injuries and illnesses will be the responsibility of the student athlete. This includes injuries that occur outside of sanctions practices or competitions (ex- captains' practices, summer workouts)
- **Any student-athlete that does not report an injury to the supervising Certified Athletic Trainer and/or goes to a physician on his/her own accord will be considered medically ineligible to participate (practice or competition).** The student-athlete will not be allowed to participate again until a medical release and medical documentation from exam have been given to the Athletic Training Staff from the physician seen.

SECOND OPINION:

If a student-athlete chooses to have a second opinion regarding an athletic related injury/illness, the student-athlete must notify the supervising Certified Athletic Trainer. The student-athlete must obtain a secondary insurance referral form from the Certified Athletic Trainer. After the appointment the student athlete must submit to the Certified Athletic Trainer a copy

of the physicians' report including a diagnosis, treatment protocol, and a statement regarding medical status (full return, no practice, etc.).

Responsibilities of Student Athlete with Secondary Insurance:

- Take secondary insurance referral form to all appointments
- Bring primary insurance explanation of benefits (EOB) to secondary insurance coordinator within 30 days.
- Bring itemized bill to secondary insurance coordinator within 30 days. (Student athlete may have to request an itemized bill from the provider if original bill does not have insurance coding on it.)
- If the EOB and bills are not submitted within 30 days there is no guarantee of payment.

Field House Weight Room Policy

1. Use of the weight room must be under proper supervision. A coach is expected to be present when a team is strength training. **Exception:** Workouts are allowed on an individual basis when the weight room is open and supervised by a student worker. **No student-athlete may ever work out alone.**
2. Be aware of your own safety and the safety of others. If unfamiliar with an exercise, ask your coach for proper instructions.
3. Weight belts are available in the weight room. Do not remove them from the weight room.
4. All barbells, dumbbells and weight plates must be returned to their proper racks.
5. Absolutely **NO FOOD, DRINK, OR TOBACCO** is allowed in the weight room.
6. The Weight Room is closed to ALL student-athletes during the NCAA mandated dead week during winter break.

Drug Screening and Testing Procedures

All varsity student-athletes at Regis University shall be subject to drug screening and testing for any substance that is on the NCAA banned substance list.

Participation and Cooperation: All student-athletes at Regis University, who are subject to health, drug or other controlled substance screening, or testing as provided above, shall be required, as a condition of participation on the team and in the athletic program at Regis University, to participate in and cooperate with the screening and/or testing. Any athlete listed as an active member of a Regis University athletic program is eligible to be tested, this includes but is not limited to any athlete who is enrolled in the University and has exhausted all remaining eligibility. Refusal to participate or cooperate shall be deemed a violation of team rules and University policy, and shall subject the student-athlete to discipline or other sanction as provided for by the Athletic Department policies, rules and regulations.

Drug Testing Procedures:

1. The Athletic Department will conduct unannounced drug screens during the course of a calendar year. These screenings may occur at any point while the student-athlete is an active member of Regis Athletics on a date chosen by the Athletic Director and/or Program Administrator.
2. Student-athletes will be randomly selected at a 7.5% of roster size for each individual program. Each individual program will be selected up to eight (8) times a year for testing.
3. In addition, if there is reasonable suspicion indicating the need to test specific individuals, those individuals may be tested. Reasonable suspicion may be, but is not limited to:
 - 1) observed possession, observed use or reports of concern related to substances appearing to be prohibited drugs, 2) arrest or conviction for an offense related to the use, possession or transfer of prohibited drugs or substances on or off campus, 3) observed abnormal appearance, conduct or behavior reasonably interpretable as being caused by the use of prohibited drugs or substances. Among the indicators which may be used in evaluating student-athlete's abnormal appearance, conduct or performance are: decrease in class attendance, significant GPA changes, decrease in athletic practice attendance, increased injury rate or illness, physical appearance changes, academic/athletic motivational level, emotional condition, mood changes and illegal involvement, 4) universal, well-known, socialistic and/or prevalent information/knowledge regarding the student-athlete, student-athlete's program or student-athlete's living quarters, 5) information revealed during an official Regis Athletics, Regis University, RMAC and/or NCAA investigation.
4. Once notified in person, each student-athlete selected to be screened will be escorted to testing immediately.
5. The collection site will conduct the screening and will release the student-athlete once the athlete has successfully provided a sample. The student-athlete may not leave collection site until the required sample has been given. If the student-athlete must leave the testing site due to class, the student-athlete may leave however, then must return to immediately following class to provide a sample. The student-athlete is not eligible to return to athletics until an official sample for screening has been provided.
6. Refusal to comply with all of the above stated requirements and/or refusal to provide a sample after being notified of selection will be treated as a positive test.

7. The Athletic Director, Program Director, student-athlete and Head Coach of the student-athlete will be notified immediately of any positive drug testing results.
8. No student-athlete is entitled to nor may they request a drug test.

NOTE: If an athlete is selected, he/she will remain eligible for subsequent tests.

Sanctions for Drug Violations

Any student-athlete who is determined, as a result of screening, testing and/or other evidence, to have violated the drug policy, shall be subject to the full range of sanctions applicable to violations of the Athletic Code of Conduct, the Code of Conduct of the University and the applicable rules and regulations of the RMAC and the NCAA, as well as the following requirements:

1. The student-athlete will automatically be suspended from all team activities-including practices and contests. This suspension is indefinite and may be lifted upon release by the student-athlete's personal counselor. Any athletic financial aid will remain in place at this time.
2. The student-athlete is responsible for contacting the Office of Personal Counseling at Regis University on the first business day following the meeting with the coach and/or Athletic Administrator to schedule counseling, assessment/evaluation sessions.
3. Following the initial assessment/evaluation session, the Office of Personal Counseling will recommend an appropriate course of additional counseling treatment. The student-athlete is required to attend every scheduled evaluation or counseling session until the counselor terminates the therapy.
4. Unannounced drug screenings may occur during the course of counseling. Student-athletes are required to comply with the screenings.
5. All future drug test must be negative or the student-athlete will immediately be dismissed from the team and forfeit his/her athletic scholarship.
6. The counselor(s) will communicate with the Director of Athletics as to whether or not the student-athlete is complying with counseling sessions, and about the results of subsequent drug screenings. Once the Director of Athletics reinstates the privilege of participation to the student-athlete, he/she will be screened and must provide a negative drug test prior to reinstatement. The student-athlete will be financially responsible for the drug test issued during reinstatement.
7. Failure to comply with all of the above stated requirements will result in automatic and immediate dismissal from athletic participation and loss of Regis University athletic scholarship.
9. If, in the course of administering this policy, any evidence is discovered which could constitute a violation of the University's Standards of Conduct, such evidence may be turned over to the Office of Student Life.

NOTE: When an individual is found to be in possession and/or using illegal substance, he/she will be subject to the same procedures that would be followed in the case of a positive drug test.

NCAA Year – Round Drug Testing Program: Every varsity sport that Regis sponsors will be subject to year-round drug testing by the NCAA. The Center for Drug Free Sport will conduct all NCAA-sanctioned drug testing. Division II institutions will be randomly selected and student-athletes at the selected institutions will be tested on a random basis as well. Student-athletes will be subject to unannounced drug tests before, during or after their competitive season.

A student-athlete who tests positive for a banned substance (see list in this section) shall be declared ineligible for further participation in championship season and non-championship season competition in accordance with the ineligibility provision in NCAA Bylaw 18.4.1.5.1.

In preparation for NCAA drug testing, all student-athletes must sign the NCAA Drug-Testing Consent Form at the time your squad reports for practice. The Center for Drug Free Sport provides the Resource Exchange Center (REC) as a free, confidential source of information available to all NCAA athletes. The REC answers inquiries regarding dietary supplements and other NCAA banned substances. The REC website is www.drugfreesport.com/rec. Division II institutions and athletes use the password ncaa2.



NCAA Banned Drugs

It is your responsibility to check with the appropriate 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
8. Beta-2 Agonists.

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); methylhexanamine, "bath salts" (mephedrone); octopamine; DMBA; etc. *Exceptions:* phenylephrine 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; norcoclaurine; etc.

Additional examples of banned drugs can be found at 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 password: ncaa2

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

STUDENT-ATHLETE HANDBOOK ACKNOWLEDGEMENT

By signing this contract, I acknowledge that I have received a copy of the Regis University Student Athlete Handbook have read/will read for the 2022-2023 academic year. I understand that as a student athlete, I must abide by the code of conduct as well as all policies, rules, and expectations as outlined in this handbook. I further understand, that I am responsible for adhering to all policies stipulated in the Regis University Student Life Handbook.

Student ID# _____

Print Name _____

Signature _____

Sport _____

Date _____

Regis University Athletic Department Student Request for Release of Education Records

The Family Educational Rights and Privacy Act of 1974 (**FERPA**), as amended, governs a university's ability to release student's education records. According to FERPA, education records may be released only with the permission of the student. By signing this release form, the student gives Regis University permission to release the specific education records identified below to the groups of individuals designated below.

Student Name: _____

RU ID#: _____

Email address: _____@regis.edu

Phone #: _____

I, the student identified above, grant permission to the coaches and staff of the athletic department and Regis University to disclose my academic and/or financial information as necessary to conduct the regular functions of the athletic department including, but not limited to:

- Academic and financial information to my parents/guardians;
- Academic and financial information to the NCAA and/or RMAX as governed by their requirements and policies;
- Academic information including official transcripts to the sports organizations
As deemed necessary by the athletic department.

This release is binding for six calendar years or until graduation. The student may revoke this release at any time by written request to the University Registrar.

By signing this release form, I agree that Regis University assumes no liability for honoring my instructions to release education records.

Student's Signature

Date