Please note this is the most up-to-date edition of the 2020 NCAA Division I COVID-19 Question and Answer Guide. Updates will be made to this document on a continuous basis following the weekly teleconferences of the NCAA Division I Council Coordination Committee.

For more information related to the COVID-19 pandemic, visit the following resources on the NCAA’s COVID-19 webpage:

1. Resources on the resocialization of collegiate sport: Core Principles of Resocialization of Collegiate Sport, Action Plan Considerations and FAQ.

2. Comprehensive chart tracking actions taken on Division I regulations and policies: Division I COVID-19 Action Chart.
# NCAA Division I COVID-19 Question and Answer Guide

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Question: If a Division I institution continues practice and/or competition during the 2019-20 academic year, will it still be covered by the NCAA's catastrophic injury insurance program?

Answer: The NCAA's cancellation of winter and spring championships in 2020 does not impact the NCAA catastrophic injury insurance program.

Reporting Requirements.

Question: Are active Division I institutions still subject to the reporting requirements under NCAA Constitution 3?

Answer: Yes. Although the submission deadlines have been waived, the associated conditions and obligations of membership remain in effect. Consistent with the blanket waiver approved by the committee, institutions that need additional time to report the required information (forms, survey, etc.) are encouraged to contact the appropriate staff liaisons to discuss their circumstances. As it relates to Constitution 3.2.4.20.1 (concussion safety protocol) the NCAA Sports Science Institute staff will provide additional information to the membership regarding the review of institutional concussion safety protocols.

NCAA Division I Bylaw 11 – Conduct and Employment of Athletics Personnel

Question No. 1: May an institution temporarily reassign a volunteer coach to a paid position in the athletics department in response to the COVID-19 outbreak (e.g., cancellation of all scheduled camps and clinics)?

Answer: No. An institution may not temporarily reassign a volunteer coach to a paid position in the athletics department.

Question No. 2: May an institution compensate a volunteer coach who was planning to work camps and clinics that have been canceled due to the COVID-19 outbreak?

Answer: No. An institution may not compensate a volunteer coach for work not performed.

Question No. 3: Is a student assistant coach for a team with a spring championship eligible for an extension of the five-year clock in the same manner as a student-athlete?

Answer: Yes. A student assistant coach who is deprived of the opportunity to participate during the spring 2020 semester is eligible for an extension of the five-year clock in the same manner as a spring student-athlete. The NCAA Division I Council took action to allow institutions to self-apply a one-year extension of eligibility for spring-sport student-athletes, effectively extending each student's five-year "clock" by one year. Students using this extension do not count toward the student-assistant coach limit set forth in Bylaw 11.7.6.
**Question No. 4:** May an institution's coach who has been furloughed due to COVID-19 continue to be involved in recruitment activities (telephone calls, texts, DM's, Facetime, etc.) with prospective student-athletes and have contact/conversations (position meetings, academic meetings, etc.) with current student-athletes?

**Answer:** Individual institutions are responsible for determining what duties and/or role(s) individuals can or cannot conduct during the time period when they are furloughed. If an institution's policies, along with all applicable federal, state, and local laws (including without limitation all laws dealing with labor, compensation, and employment), allow furloughed employees to conduct these activities during the furloughed time period, then NCAA legislation would not preclude a furloughed coach from being involved in such activities with current and prospective student-athletes. Further, these individuals remain subject to all recruiting, personnel, and playing and practice season legislation.

**Question No. 5:** May an institution or an institutional staff member provide reasonable benefits (e.g., meals, lodging) or expenses (e.g., cash) to a volunteer coach to assist with personal well-being during the COVID-19 pandemic?

**Answer:** Yes. During the temporary COVID-19 recruiting dead period, an institution may use its discretion to permit an institution or an institutional staff member to provide benefits or expenses to support the health, safety, and well-being of a volunteer coach. The institution must ensure that the provisions of the benefit do not trigger employment per the institution's policy and is reviewed by the appropriate campus institutional personnel (e.g., human resources, legal counsel).

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NCAA Division I Bylaw 12 – Amateurism and Athletics Eligibility

**Outstanding Amateurism Certification Conditions.**

**Question:** Does the cancellation of the spring season affect an amateurism certification condition (for example, being withheld from a certain amount of competition) that was not completed before the season was cancelled?

**Answer:** At this time, the NCAA has not made any changes to the application of NCAA rules related to amateurism withholding conditions. Any changes to such withholding conditions will be reviewed, and updated guidance will be provided to the membership, as necessary.

**Promotion of Relief Opportunities.**

**Question:** May a student-athlete, or group of student-athletes, promote fundraising efforts of charitable organizations where all proceeds are intended for specific relief purposes?

**Answer:** Yes, provided the requirements of the promotional activities legislation (NCAA Bylaw 12.5) are met. If student-athletes are interested in being involved with fundraising activities that do not satisfy the promotional activities legislation, please contact the academic and membership
affairs staff. The staff continues to work with member schools to ensure student-athletes and communities impacted by COVID-19 are supported.

Institutional Promotions Involving Student-Athlete Athletic Activity.

**Question:** May an institution’s athletics department post a bona fide promotional video to social media of one or more student-athletes engaged in a limited physical athletics activity (e.g., virtually passing a ball)?

**Answer:** Yes, provided participation in the bona fide promotional video is voluntary and the video is not created at the direction of an athletics department staff member, does not involve countable coaches and is otherwise consistent with institutional promotions involving student athletes. Under these circumstances, one or more student-athletes may participate in limited physical athletics activity related to their sport (e.g., kicking a ball, throwing a ball, juggling a puck) without such an activity triggering a countable athletically related activity.

NCAA Rules Related to NBA Pre-Draft Process.

**Question No. 1:** May a men’s basketball student-athlete enter into an agreement with an NCAA-certified agent and declare for the 2020 NBA Draft?

**Answer:** Yes. Once a men’s basketball student-athlete has requested an evaluation from the NBA Undergraduate Advisory Committee, he may enter into an agreement with an NCAA-certified agent and declare for the 2020 NBA Draft. As a reminder, per current NBA rules, a student-athlete must request a UAC evaluation no later than 11:59 p.m. Eastern time April 16, 2020, and declare for the NBA Draft as an early entrant no later than 11:59 p.m. Eastern time April 26, 2020.

**Question No. 2:** When is the NCAA’s deadline for a men’s basketball student-athlete to withdraw from the NBA Draft and retain his eligibility?

**Answer:** A men's basketball student-athlete will have until 10 days after the NBA Draft Combine or August 3, whichever comes first, to withdraw from the NBA Draft and notify his institution of his intent to resume collegiate athletics. For additional information see [https://www.ncaa.org/about/resources/media-center/news/ncaa-sets-deadline-withdraw-nba-draft](https://www.ncaa.org/about/resources/media-center/news/ncaa-sets-deadline-withdraw-nba-draft).

**Question No. 3:** Does the modification made to the NCAA deadline to withdraw from the 2020 NBA Draft impact the current application of financial aid legislation regarding cancellation and renewals for those student-athletes engaging in the NBA pre-draft process?

**Answer:** No. The NCAA Division I Men's Basketball Oversight Committee reviewed the impact of the modified withdrawal date on NCAA financial aid legislation and determined that the current application of financial aid legislation remains applicable to institutional financial aid agreements with men's basketball student-athletes. As a reminder, an institution that awards multiyear
financial aid agreements to its men's basketball student-athletes may not cancel the agreement during the period of the award for an athletically related reason (e.g., entering a professional draft). Additionally, autonomy conference institutions (and nonautonomy conference institutions applying NCAA Division I Bylaw 15.3.5.3) may not reduce or nonrenew a multiyear or single-year agreement after the period of the award for an athletically related reason (e.g., entering a professional draft). Nonautonomy conference institutions not applying Bylaw 15.3.5.3 may reduce or nonrenew after the period of the award pursuant to institutional discretion, subject to the July 1 deadline and hearing opportunity legislation. Finally, any institution may reduce, cancel or nonrenew a student-athlete's agreement if he renders himself ineligible (e.g., student-athlete does not withdraw his name from the NBA Draft by the NCAA withdrawal date), subject to the hearing opportunity legislation.

**Athletics Activity Waivers.**

**Question:** With the Olympics postponed until 2021, will those students who have spent the last year training for the Olympics be able to use a second year to train for the Olympics and get a second athletics activity waiver?

**Answer:** At this time, the NCAA has not made any changes to the application of NCAA rules related to the 2021 Olympics. Any changes related to the Olympic year that impact NCAA rules will be reviewed, and updated guidance will be provided to the membership, as necessary.

**Application of NCAA Division I Council Action Regarding Seasons of Competition and Extension of Eligibility.**

**Question No. 1:** Which sports are considered spring sports?

**Answer:** Baseball, Men's and Women's Golf, Men's and Women's Lacrosse, Rowing, Softball, Men's and Women's Tennis, Men's and Women's Outdoor Track and Field, Beach Volleyball, Men's Volleyball and Women's Water Polo.

**Question No. 2:** Which sports are considered winter sports?

**Answer:** Men's and Women's Basketball, Bowling, Fencing, Men's and Women's Gymnastics, Men's and Women's Ice Hockey, Rifle, Skiing, Men's and Women's Swimming and Diving, Men's and Women's Indoor Track and Field and Wrestling.

**Question No. 3:** What is a season-of-competition waiver?

**Answer:** A season-of-competition waiver restores a used season when a student-athlete participates limitedly and cannot complete the season due to extraordinary circumstances. There are certain legislative criteria that must be satisfied for a season-of-competition waiver to be approved.
**Question No. 4:** What is an extension-of-eligibility waiver?

**Answer:** An extension-of-eligibility waiver extends a student-athlete's five-year period of eligibility ("clock").

**Question No. 5:** What does the Division I Council's action allowing institutions to self-apply season-of-competition waivers permit?

**Answer:** Due to the impact of COVID-19, competition in many sports was canceled. The Council took action to allow institutions to self-apply season-of-competition waivers in certain circumstances. Please see below for specific guidance:

**Spring Sport Student-Athletes:** An institution may self-apply a season-of-competition waiver for all spring sport student-athletes who competed during the 2019-20 academic year and were eligible for competition during spring 2020.

**Winter Sport Student-Athletes:** An institution may not self-apply season-of-competition waivers for winter sport student-athletes (i.e., winter sport student-athletes will not have their use of a season in 2019-20 restored through the Council's actions).

**Question No. 6:** May an institution self-apply the season-of-competition waiver if the institution later resumes its spring 2020 season?

**Answer:** No. If the institution resumes its season, then it has, by definition, not canceled its season due to COVID-19. As a result, the waiver will not apply.

**Question No. 7:** Would an institution need to file a hardship waiver request with its conference office for a spring sport student-athlete who used a season of competition during the 2019-20 academic year and sustained a season-ending injury before the season was canceled due to COVID-19?

**Answer:** No. The institution may self-apply the season-of-competition waiver based on the criteria outlined above.

**Question No. 8:** What does the Council's action allowing institutions to self-apply extensions of eligibility permit?

**Answer:** Due to the impact of COVID-19, competition in many sports was canceled. The Council took action to allow institutions to self-apply extensions of a student-athlete's five-year period of eligibility in certain circumstances. Please see below for specific guidance:

**Spring Sport Student-Athletes:** An institution may self-apply an extension of eligibility for all spring sport student-athletes who were eligible for competition during spring 2020.
Winter Sport Student-Athletes: An institution may not self-apply extensions of eligibility for winter sport student-athletes (i.e., winter sport student-athletes will not have their clock extended through the Council's actions).

Question No. 9: Are institutions permitted to self-apply season-of-competition waivers and extensions of eligibility for equestrian student-athletes?

Answer: No. Equestrian is not a sport with a spring NCAA championship. Institutions are permitted to submit waivers for equestrian student-athletes through Requests/Self-Reports Online if the institution believes the student-athlete had a legislatively defined denied participation opportunity.

Question No. 10: Does the self-applied extension-of-eligibility waiver apply to all spring sport student-athletes, or only those who exhaust eligibility at the conclusion of the 2020 spring term?

Answer: The self-applied extension-of-eligibility waiver applies to all spring sport student-athletes. Please note, an extension of eligibility is a sport-by-sport application. Therefore, student-athletes may only use the self-applied extension in their spring 2020 sport.

Question No. 11: Will season-of-competition waivers and/or extension requests approved by other organizations (for example, National Association of Intercollegiate Athletics, National Junior College Athletic Association) be honored by the NCAA if a student-athlete transfers to an NCAA institution?

Answer: NCAA institutions cannot self-apply relief for student-athletes who were competing for other organizations (see examples above) during 2019-20. The NCAA institution is required to submit a season-of-competition waiver or extension request through RSRO for review by the NCAA student-athlete reinstatement staff.

Question No. 11a: Will extension requests approved by other organizations (for example, National Association of Intercollegiate Athletics, National Junior College Athletic Association) be honored by the NCAA if a student-athlete transfers to an NCAA institution?

Answer: NCAA institutions cannot self-apply relief for student-athletes who were enrolled at institutions in other organizations (see examples above) during 2019-20. The NCAA institution is required to submit an extension request through RSRO for review by the NCAA student-athlete reinstatement staff.

Question No. 11b: Will season-of-competition waivers approved by other organizations (for example, National Association of Intercollegiate Athletics, National Junior College Athletic Association) be honored by the NCAA if a student-athlete transfers to an NCAA institution?
Answer: NCAA institutions may self-apply season-of-competition waivers via the Student-Athlete Reinstatement Previously Approved Request List, so long as the student-athlete's enrollment and participation satisfy all the listed criteria in the Previously Approved Request List.

Question No. 12: If a student-athlete who qualifies for the self-applied season-of-competition waiver and/or extension of eligibility transfers to another Division I institution, does the new institution need to file a separate season-of-competition waiver and/or extension-of-eligibility waiver for that student-athlete?

Answer: No.

Question No. 13: In golf and tennis, may an institution self-apply the season-of-competition waiver if the student-athlete competed during the fall, or only in the fall?

Answer: Yes, so long as the student-athlete triggered use of a season of competition and was eligible to compete during spring 2020.

Question No. 14: How should institutions apply student-athlete reinstatement withholding conditions that were unfulfilled at the time seasons were canceled due to COVID-19?

Answer: If your institution has a student-athlete who has an unfulfilled withholding condition at the time the 2019-20 season was canceled, please contact the student-athlete reinstatement staff to discuss how that withholding condition applies.

NCAA Division I Bylaw 13 – Recruiting

Telephone Calls.

For calls that will occur between Monday, May 11 and the end of the temporary COVID-19 recruiting dead period, please refer to the section of this guide addressing the NCAA Division I Council Coordination Committee's May 6 actions on virtual recruiting for additional information.

Question No. 1: May an institution's coach video call a prospective student-athlete to conduct a tour of the institution's athletics and on-campus facilities?

Answer: Yes. A coach may video call a prospective student-athlete to conduct a campus tour. A video call (e.g., Zoom, Skype, FaceTime) is considered a phone call. However, telephone recruiting restrictions (e.g., first opportunity to contact) continue to apply to prospective student-athletes and coaching staff members.

Question No. 2: May an institution's coach conduct a group video call with multiple uncommitted prospective student-athletes?
Answer: No. A coach may not conduct group conversations with uncommitted prospective student-athletes (as on Zoom, Skype or FaceTime) as these interactions are not private between the sender and recipient. Further, recruiting activities like telephone or video calls may be conducted only by the head or assistant coaches who count towards the institution's coaching limitations; therefore, institutional staff members not permitted to make telephone calls to a prospective student-athlete are not permitted to participate in a video call. This analysis applies regardless whether there is interaction between the prospective student-athlete and the coach (e.g., the prospect is hidden or muted).

Question No. 3: May an institution's coach engage in a video call with multiple coaches of prospective student-athletes (e.g., high school coaches, club coaches)?

Answer: Yes. A coach may conduct a video call with multiple high school or club coaches, provided the institution does not incur any fee on behalf of any of the participants. Please note: All recruiting legislation continues to apply.

Question No. 4: During the temporary COVID-19 recruiting dead period when campus visits are not permitted, may an institutional staff member direct a student-athlete to make phone calls to an uncommitted prospective student-athlete for purposes of discussing the campus experience?

Answer: No. An institutional staff member may not direct a student-athlete to make phone calls to an uncommitted prospective student-athlete at any time.

Question No. 5: May an institutional staff member direct a student-athlete to make phone calls to a committed (e.g., one who has signed a National Letter of Intent, received a written offer of admission or made a financial deposit) prospective student-athlete?

Answer: Yes. A student-athlete may make phone calls to a prospective student-athlete who has committed to the institution. Please note: This activity is a required athletically related activity and may not occur on a required day off.

Question No. 6: May committed prospective student-athletes virtually participate in athletically related activities (e.g., team building, entertainment)?

Answer: No. Prospective student-athletes are not permitted to engage virtually in athletically related activities in the same manner as student-athletes.

Question No. 7: May a committed or uncommitted prospective student-athlete use video call software to observe a team position meeting in any sport?

Answer: No. NCAA Division I Bylaw 13.1.3.5.2 does not allow an enrolled student-athlete to participate in a telephone call with a prospective student-athlete at the direction of a coaching staff member. Therefore, a prospective student-athlete may not use audio or video call software to listen to or observe a team position meeting if that meeting is scheduled or arranged by the
coaching staff. Further, Bylaw 14.2.1.1.1 does not permit a committed or uncommitted prospective student-athlete to engage in meetings (e.g., review of playbook, chalk talk, film review).

**Question No. 8:** May an institution's coach engage in a virtual speaking engagement (e.g., banquet) that involves prospective student-athletes (e.g., Zoom meeting with a club team)?

**Answer:** No. A coach may not conduct group conversations with prospective student-athletes (e.g., Zoom, Skype, FaceTime) because group conversations are not private between the sender and recipient. Further, recruiting activities like telephone or video calls, may be conducted only by a head or assistant coach who counts towards the institution's coaching limitations; therefore, institutional staff members not permitted to make telephone calls to a prospective student-athlete are not permitted to participate in a video call.

**Question No. 9:** Does an institution's coach creating and sending a prospective student-athlete a link for a video call (e.g., Zoom, GoToMeeting) constitute the institution initiating the video call?

**Answer:** Yes.

**Question No. 10:** May a coach conduct a group video call with multiple committed prospective student-athletes (individuals who have signed a National Letter of Intent, received a written offer of admission or made a financial deposit)?

**Answer:** Yes. It is permissible for a coach to conduct a video call with multiple prospective student-athletes, including transfers, who have committed to the institution. The restrictions in Bylaw 13.1 no longer apply once a prospective student-athlete meets the exception in Bylaw 13.02.13.1.

**Question No. 11:** May an institution's coach and student-athlete engage in a video call (e.g., Zoom, Skype, FaceTime) with one or more committed prospective student-athletes?

**Answer:** Yes. It is permissible for an institution's coach and student-athlete to participate in a video call with one or more committed prospective student-athletes. However, it is not permissible for the coach, student-athlete and committed prospective student-athlete(s) to engage in team related activities (e.g., film review, team building, team meetings, entertainment).

**Question No. 12:** In football, during the temporary COVID-19 recruiting dead period, may an institution's coach make a telephone call to an individual (or the individual's family members) who is in their junior year of high school between April 15 through May 31?

**Answer:** Yes. The dead period does not restrict phone calls to prospective student-athletes. In football, one telephone call to an individual (or the individual's family members) may be made from April 15 through May 31 of an individual's junior year in high school.
Question No. 13: Who may initiate or participate on a video call with a prospective student-athlete?

Answer: The following individuals may initiate and/or participate on a video call with a prospective student-athlete:

1. Countable Coaches (head or assistant coaches that count towards the numerical limit in each sport);

2. Before commitment, the following institutional staff members may make telephone calls to a prospective student-athlete, as specified:
   a. Chancellor/president/faculty athletics representative/director of athletics/senior woman administrator (may not initiate a call; may participate on a call; subject to any applicable limitations on the number of telephone calls that an institution may place, may return a call);
   b. Academic advisors (subject to any applicable limitations on the number of telephone calls that an institution may place, may initiate a call related to admissions or academic issues; may participate on a call); and
   c. Compliance administrators (may initiate and participate on calls that relate only to compliance issues).

Any institutional staff member not designated as a permissible caller may neither make nor participate on a call initiated by the institution. A prospective student-athlete may initiate a call to any institutional staff member.

Contacts and Evaluations.

Question No. 1: During the temporary COVID-19 recruiting dead period, may an institution's coach have off-campus contact with a prospective student-athlete who has committed to the institution per Bylaw 13.02.5.5.2?

Answer: Yes. A coaching staff member may have off-campus contact with a prospective student-athlete who has committed to the institution. While NCAA rules permit off-campus contact, institutions should follow all applicable governmental and public health guidance and/or directives that are issued.

Question No. 2: During the temporary COVID-19 recruiting dead period, may an institution's coach have off-campus contact with a prospective student-athlete who has entered the transfer portal?
Answer: No. A coach may not have in-person, on- or off-campus contact with any uncommitted prospective student-athlete during the temporary COVID-19 recruiting dead period. However, it remains permissible to make phone calls and send electronic correspondence during a dead period.

Question No. 3: In women's basketball, does the May 4-10 recruiting shutdown period apply during the temporary COVID-19 recruiting dead period?

Answer: Yes.

Question No. 4: Does the June 20, 2019, staff interpretation on observation of prospective student-athletes via livestream, on-demand and/or video apply during the temporary COVID-19 recruiting dead period? [This question is now Question No. 1 in the "Livestream or On-Demand Videos" section (below)]

Answer: Yes.

Question No. 5: May an institution pay fees associated with observing an event that is conducted via livestreaming, on-demand and/or video? [This question has been replaced with questions in the "Livestream or On-Demand Videos" section (below)]

Answer: Yes.

Question No. 6: In women's basketball, do the July evaluation period restrictions on communication apply during the temporary COVID-19 recruiting dead period?

Answer: No.

Question No. 7: In women's basketball, does the August 10-14, 2020, recruiting shutdown period apply during the temporary COVID-19 recruiting dead period?

Answer: Yes.

Livestream or On-Demand Videos [Added July 13, 2020].

Question No. 1: Does the June 20, 2019, staff interpretation on observation of prospective student-athletes via livestream, on-demand and/or video apply during the temporary COVID-19 recruiting dead period?

Answer: Yes.

Question No. 2: During the temporary COVID-19 recruiting dead period, may an institution's coach watch a livestream event in which prospective student-athletes are participating (e.g., tournament, team practice, etc.)?
Answer: An institution may watch a livestream event of prospective student-athletes, provided the criteria in the June 19, 2019, staff interpretation are met. If these criteria are met, watching the livestream event does not constitute a recruiting activity and is not restricted by recruiting periods. Further, the observation of prospective student-athletes on such a stream or video at an off-campus site (e.g., the coach’s home) is not considered an “off-campus activity” and, therefore, is not considered an evaluation or recruiting activity.

Question No. 3: During the temporary COVID-19 recruiting dead period, may an institution's coach purchase a livestream or on-demand video from a recruiting and scouting service, scholastic or nonscholastic organization, prospective student-athlete's coach, etc., for purposes of observing prospective student-athletes' practice or competition?

Answer: An institution's coach may purchase a livestream or on-demand video from a recruiting and scouting service, scholastic or nonscholastic organization, prospective student-athlete's coach, etc., provided:

a. The livestream/video is made available in the same format to all institutions desiring to purchase and at the same fee rate for all purchasers;

b. The entity must publicly identify all applicable rates for the livestream/video; and

c. Any additional information (e.g. packet, roster) regarding prospective student-athletes participating in the activity is included in the purchase price and is in a standardized format that ensures consistent distribution to all subscribers.

Question No. 4: During the temporary COVID-19 recruiting dead period, may an institution's coach purchase a livestream or on-demand video for a specific event from a recruiting or scouting service that is not approved by the NCAA?

Answer: Yes. An institution may purchase a livestream or on-demand video of an event from a recruiting and scouting service that has not been approved by the NCAA. Specifically, the livestream or on-demand video must be for a single event and the coach cannot be required to subscribe to the recruiting and scouting service to access the livestream or on-demand video.

Question No. 5: May an institution purchase a livestream or on-demand video from an approved recruiting or scouting service that the institution does not subscribe to?

Answer: Yes.

Question No. 6: During the temporary COVID-19 recruiting dead period, may an event operator (e.g., scholastic or nonscholastic entity) sell access to a livestream of an event without becoming a recruiting or scouting service?

Answer: Yes.
**Question No. 7:** May an event operator (e.g., scholastic or nonscholastic entity) provide an informational packet of the prospective student-athletes participating in the event as part of the access to the livestream or on-demand of an event?

**Answer:** Yes. An event operator may provide an informational packet that only includes demographic information for those prospective student-athletes participating in the event and not be considered a recruiting or scouting service. However, if the packet includes anything beyond demographic information about the prospective student-athletes participating in the event the event operator would be considered a recruiting or scouting service and would have to meet all applicable recruiting and scouting service legislation.

**Campus Visits.**

**Question No. 1:** Is it permissible for a prospective student-athlete to take a previously scheduled official or unofficial visit during the temporary COVID-19 recruiting dead period?

**Answer:** No.

**Question No. 2:** May an institution reimburse a prospective student-athlete for official visit expenses incurred if the official visit was canceled due to the COVID-19 outbreak?

**Answer:** Yes. The NCAA Division I Council Coordination Committee took action to allow prospective student-athlete to be reimbursed for a canceled visit due to the COVID-19 outbreak. Please note: Providing reimbursement does not count as the prospective student-athlete's official visit to the institution.

**Question No. 3:** During the temporary COVID-19 dead period, may an institution's coach assist the admissions office with campus tours for all prospective students?

**Answer:** No. A coach may not assist the admissions office with campus tours during a dead period.

**Question No. 4:** At the conclusion of the temporary COVID-19 recruiting dead period, may an institution conduct an official visit without obtaining a transcript due to the prospective student-athlete's educational institution closing for the remainder of the 2019-20 academic year?

**Answer:** Generally, an institution may not provide a prospective student-athlete an official visit without first obtaining the prospective student-athlete's transcript. However, if a prospective student-athlete's educational institution has closed for the remainder of the 2019-20 academic year as a result of the COVID-19 outbreak, an institution that is unable to obtain the prospective student-athlete's transcript and documents its reasonable attempts to obtain the transcript may provide the prospective student-athlete an official visit despite not having the prospective student-athlete's transcript on file with the institution. This flexibility is available from the date the prospective...
student-athlete's educational institution cancels classes for the remainder of the 2019-20 academic year until the prospective student-athlete's education institution reopens.

**Question No. 5:** May an institution roll over unused official visits from the 2019-20 academic year to the 2020-21 academic year limitations as a result of the temporary COVID-19 recruiting dead period?

**Answer:** No. An institution may not roll over unused official visits from the 2019-20 academic year to the 2020-21 academic year, unless otherwise permitted in the legislation. With the adoption of NCAA Division I Proposal No. 2019-36, in football, the institutional limits for official visits reset on April 1, 2020, and an institution may retain a maximum of six unused visits from the 2019-20 cycle to use in the 2020-21 cycle.

**Recruiting Calendars.**

**Question:** At the conclusion of the temporary COVID-19 recruiting dead period, will recruiting calendars remain the same?

**Answer:** Yes. Institutions must follow each sport's recruiting calendar and recruiting periods. The NCAA Division I Committees and Council may provide additional guidance with regards to future changes to recruiting calendars.

**Camps and Clinics.**

**Question No. 1:** Is it permissible for an institution to conduct an institutional camp or clinic that includes prospective student-athletes during the temporary COVID-19 recruiting dead period?

**Answer:** No.

**Question No. 2:** May an institution's coach work an online/virtual camp and clinic that includes prospective student-athletes during the temporary COVID-19 recruiting dead period?

**Answer:** No. Institutional staff members are not permitted to work camps and clinics conducted in any format (e.g., online, virtual) during the temporary COVID-19 recruiting dead period.

**Question No. 3:** During the temporary COVID-19 recruiting dead period, may an institution's coach participate in institutional and noninstitutional virtual camps or clinics that do not include prospective student-athletes?

**Answer:** Yes. An institution's coach may participate in institutional and noninstitutional virtual camps or clinics that do not include prospective student-athletes. Institutions should follow all applicable governmental and public health guidance and/or directives that are issued as well as institutional and conference rules related to COVID-19.
Question No. 4: In Football Bowl Subdivision (FBS), may an institution conduct camps and clinics during summer 2020?

Answer: No. The NCAA Division I Council May 20, 21 and 22 actions related to athletically related activities prohibit an FBS institution from conducting football camps and clinics during summer 2020 and prohibit FBS football coaches (including graduate assistant coaches) from working at another four-year, NCAA member institution's camps or clinics during summer 2020.

Question No. 5: In NCAA Football Championship Subdivision (FCS), may an institution conduct camps and clinics during summer 2020?

Answer: Yes. While NCAA rules permit an FCS institution to conduct camps and clinics following the conclusion of the temporary COVID-19 recruiting dead period, institutions should follow all applicable governmental and public health guidance and/or directives that are issued as well as institutional and conference rules related to COVID-19.

Miscellaneous.

Question No. 1: May an institution's coach be involved with a local sports club during the temporary COVID-19 recruiting dead period?

Answer: Yes, provided the involvement is otherwise permissible. All local sports club legislation applies during the temporary COVID-19 recruiting dead period. For example, sports with specific restrictions during a dead period (e.g., volleyball) must adhere to those restrictions.

Question No. 2: May an institution host a virtual coach's clinic with high school coaches, provided the high school coaches pay any associated fees related to the clinic (e.g., use of the virtual conferencing system)?

Answer: Yes. A coach may host a virtual coaches clinic, provided the clinic follows all NCAA legislation.

Question No. 3: May an institution's coach post general information (e.g., contact information, NCAA rules) to social media requesting prospective student-athletes to call them during the COVID-19 recruiting dead period?

Answer: Yes. An institution's coach may post general information requesting prospective student-athletes to call them to social media regarding the temporary COVID-19 recruiting dead period. The information may not be specific to, or personalized for, any prospective student-athlete(s).

Question No. 4: May an institution's strength and conditioning coach post examples of workouts to social media and allow prospective student-athletes to view the example workouts?
Question No. 5: If an institution's coach or staff member is unable to conduct the Recruiting Certification Test for Coaches in-person due to the impact of COVID-19, may an institution arrange for the exam to be proctored remotely (e.g., Zoom meeting)?

Answer: Yes. The Recruiting Certification Test for Coaches may be administered in accordance with established member conference procedures (e.g., Zoom meeting).

Question No. 6: May an institution's coach participate on a podcast with a scholastic or nonscholastic coach?

Answer: No. An institution's coach may not participate on a broadcast, including a podcast, that involves a prospective student-athlete or a prospective student-athlete's coach, regardless of the content of the broadcast.

Question No. 7: If a team meeting involving student-athletes is recorded, may an institution's coach send a copy of the recording to a prospective student-athlete?

Answer: Yes. An institution may send a prospective student-athlete a recording of countable athletically related activities in accordance with the audio/video materials exception in Bylaw 13.4.1.10.1. However, Bylaw 14.2.1.1.1 does not permit a committed prospective student-athlete to engage in individual or team meetings with the coaching staff (e.g., review of playbook, chalk talk, film review).

Question No. 8: May an institution's coach pre-record a video message to be shown or played for a prospective student-athlete in conjunction with a banquet or meeting?

Answer: No.

Question No. 9: May an institution's coach participate in a live virtual meeting (e.g., Zoom meeting with a club team) that includes prospective student-athletes?

Answer: No.

Question No. 10: May a committed prospective student-athlete (one who has signed a National Letter of Intent or an institution's written offer of admission and/or financial aid or from whom the institution has received a financial deposit in response to its offer of admission) who participates in virtual team activities be considered a student-athlete?

Answer: After completing all academic requirements for high school graduation or all transfer academic requirements, a committed prospective student-athlete who participates in virtual team activity may be considered a student-athlete.
Question No. 11: May a prospective student-athlete who is not a committed prospective student-athlete be considered a student-athlete upon participation in virtual team activities?

Answer: No.

Question No. 12: May incoming and continuing student-athletes engage in summer athletic activities without being enrolled for summer 2020?

Answer: Yes, however, to begin summer activities, a committed incoming student-athlete (high school or transfer) must have completed academic requirements for high school graduation or applicable transfer requirements.

Question No. 13: May an institution's coach conduct (e.g., arrange, instruct, communicate) an event (e.g., practice, combine) using an online format (e.g., Zoom, Go-To-Meeting, FaceTime, Facebook Messenger, etc.) where prospective student-athletes participate in real time?

Answer: No, an institution's coach may not directly or indirectly be involved with conducting such activities. The coach's involvement in these activities would be considered a tryout per Bylaw 13.11.1.

NCAA Division I Council Coordination Committee May 6 Action Related to Virtual Recruiting Activities (Effective May 11 through the End of the Temporary COVID-19 Recruiting Dead Period).

Telephone Calls.

Question No. 1: During the temporary COVID-19 recruiting dead period, if an institution's coach initiates a telephone/video call to a prospective student-athlete, may any institutional staff member participate on the call?

Answer: Yes. The Council Coordination Committee action allows any institutional staff member to participate with a countable coach on a telephone/video call initiated by a countable coach to a prospective student-athlete. Also, it remains permissible for any institutional staff member to receive incoming calls from prospective student-athletes. The Council Coordination Action did not alter the rules in place for other permissible callers. Please continue to refer to Question No. 13 in the Telephone Calls section for that information.

Question No. 2: During the temporary COVID-19 recruiting dead period, may an institution's coach participate (e.g., initiate or receive) on a telephone/video call that includes multiple committed and/or uncommitted prospective student-athletes, their family member(s) and their high school coach(es)?

Answer: Yes. The Council Coordination Committee action allows an institution's coach to participate on a telephone/video call with one or more committed or uncommitted prospective student-athletes, their family member(s) and their high school coach(es). Sport-specific legislation
surrounding the timing and frequency of calls continues to apply. And, a call initiated by the institution's coach is considered a call to each prospective student-athlete on the call. Therefore, only prospective student-athletes the institution's coach is permitted to call may be on a call initiated by the institution's coach.

**Question No. 3:** During the temporary COVID-19 recruiting dead period, may student-athletes participate in a recruiting telephone/video call with an institution’s coach and committed and/or uncommitted prospective student-athlete(s)?

**Answer:** Yes. The Council Coordination Committee action allows one or more student-athletes to participate in recruiting calls with a coach, committed and/or uncommitted prospective student-athletes. Time spent by a student-athlete participating in recruiting calls must count toward the eight hours per week of nonphysical countable athletically related activities and may not occur on a required day off. A student-athlete may voluntarily initiate and receive calls with any prospective student-athlete.

**Virtual Team Activities.**

**Question No 1:** During the temporary COVID-19 recruiting dead period, may a committed prospective student-athlete participate in virtual team activities (e.g., review of playbook, chalk talk, film review)?

**Answer:** Yes. The Council Coordination Committee action allows a committed prospective student-athlete to participate in virtual team activities after completion of all academic requirements for high school graduation or transfer academic requirements. Because this opportunity only exists during the temporary COVID-19 recruiting dead period, participation in such activity does not result in the prospective student-athlete being considered a student-athlete.

**Question No. 2:** During the temporary COVID-19 recruiting dead period, may an uncommitted prospective student-athlete participate in virtual team activities (e.g., review of playbook, chalk talk, film review)?

**Answer:** No. The Council Coordination Committee action does not allow an uncommitted prospective student-athlete to participate in virtual team activities. However, an uncommitted prospective student-athlete may observe a virtual team activity once per institution (and in the case of a multisport prospective student-athlete, once for each of the institution's teams recruiting the prospective student-athlete). Because this opportunity only exists during the temporary COVID-19 recruiting dead period, participation in such activity does not result in the prospective student-athlete being considered a student-athlete.

**Question No. 3:** During the temporary COVID-19 recruiting dead period, may a committed prospective student-athlete who has not completed all academic requirements for high school graduation or transfer academic requirements participate in virtual team activities?
Answer: No. The Council Coordination Committee action does not allow a committed prospective student-athlete who has not completed all academic requirements for high school graduation or transfer academic requirements to participate in virtual team activities. However, a committed prospective student-athlete who has not completed all academic requirements for high school graduation or transfer academic requirements may observe a virtual team activity once per institution (and in the case of a multisport prospective student-athlete, once for each of the institution's teams recruiting the prospective student-athlete). Because this opportunity only exists during the temporary COVID-19 recruiting dead period, participation in such activity does not result in the prospective student-athlete being considered a student-athlete.

NCAA Division I Bylaw 14 – Academic Eligibility

Full-Time Enrollment.

Question No. 1: Is it permissible for a student-athlete who is enrolled part time for the remainder of the spring 2020 term to participate in countable athletically related activities (for example, video meetings)?

Answer: Yes, relief from the normal application of Bylaw 14.2.1 may be self-applied to allow student-athletes to continue to participate in CARA throughout the impacted term while enrolled less-than-full time, provided the student-athlete was initially enrolled full time for the 2020 spring term.

Question No. 2: Is it permissible for a student-athlete at an institution on a quarter system who only enrolled as a part-time student during the spring quarter to participate in CARA throughout the spring quarter?

Answer: Yes, relief from the normal application of Bylaw 14.2.1 may be self-applied to allow student-athletes to participate in CARA throughout the impacted quarter while enrolled less than full time.

Question No. 3: Are student-athletes who either used the final-term exception to be less than full time during spring 2020 term(s) or used the final term before the experiential learning requirement during the 2019-20 academic year able to retain their remaining eligibility if they are either unable or choose not to graduate due to COVID-19?

Answer: Yes, relief from the normal application of Bylaws 14.2.2.1.3 and 14.2.2.1.4 (i.e., loss of remaining eligibility when graduation does not occur) may be self-applied to allow returning student-athletes to retain their remaining eligibility if they are either unable to or choose not to graduate due to COVID-19.

Question No. 4: Can student-athletes who used Bylaw 14.2.2.1.3 or Bylaw 14.2.2.1.4 during the 2020 spring term but did not graduate due to COVID-19 be less than full time again during fall 2020 if they enroll in all remaining requirements to graduate at the conclusion of fall 2020?
Answer: Yes.

**Question No. 5:** Will a student-athlete who has completed their undergraduate degree and qualifies for the NCAA Division I Council’s action pertaining to season-of-competition and/or extension of eligibility due to COVID-19 be required to meet full-time enrollment requirements should they choose to return during the 2020-21 academic year to use their remaining athletics eligibility?

**Answer:** Yes. When the Council elected to allow institutions to self-apply season of competition waivers and extensions of eligibility for spring sport student-athletes, it noted that all relevant academic eligibility requirements and any relevant transfer eligibility requirements will continue to apply. Waivers of academic requirements, including full-time enrollment, may be filed on a case-by-case basis through Requests/Self-Reports Online.

**Question No. 6:** May a student-athlete who is fulfilling an academic year of residence use the spring 2020 term to meet that requirement even if the student-athlete withdraws from full time to part time?

**Answer:** Yes, provided the student-athlete began the regular spring term as a full-time student.

### Fall 2020 Enrollment Options

The following guidance is intended to clarify the eligibility implications of a student-athlete not enrolling for the 2020 fall term academically with the intent to re-enroll as a student and participate in intercollegiate athletics during the 2021 winter/spring term(s).

**Question No. 1:** Can a student-athlete who graduated prior to the start of the 2020-21 academic year not enroll during the 2020 fall term and re-enroll as a full-time student and participate in intercollegiate athletics during the 2021 winter/spring term(s)?

**Answer:** Yes. If the student-athlete graduated prior to the start of the 2020-21 academic year, existing legislation allows the student-athlete to not enroll during the 2020 fall term and re-enroll as a full-time student and participate in intercollegiate athletics during the 2021 winter/spring term(s).

**Question No. 2:** Can a student-athlete who has not yet graduated prior to the start of the 2020-21 academic year to not enroll during the 2020 fall term and re-enroll as a full-time student and participate in intercollegiate athletics during the 2021 winter/spring term(s)?

**Answer:** Yes, provided the student-athlete is academically eligible to compete entering the 2020 fall term, existing legislation allows the student-athlete to not enroll during the 2020 fall term and re-enroll as a full-time student and participate in intercollegiate athletics during the 2021 winter/spring term(s). Staff notes, if the student-athlete has eligibility beyond the 2020-21 academic year, the missed term exception may be available for his or her academic certification.
entering the 2021 fall term, provided the provisions of Bylaw 14.4.3.6-(a) were met during the 2020 fall term.

**Question No. 3:** Will a student-athlete earn the spring 2020 retention point if they do not enroll during the 2020 fall term, but plans to re-enroll as a student during the 2021 winter/spring term(s)?

**Answer:** If the student-athlete does not graduate prior to the start of the 2020-21 academic year, the student-athlete will not earn the spring 2020 retention point because they did not enroll as a full-time student during the 2020 fall term. However, the adjustment process remains available (See Academic Performance Program Q&A Nos. 2-4).

**Question No. 4:** Can a student-athlete who does not enroll during the 2020 fall term and participates in a sport other than basketball engage in outside competition representing him or herself or as a member of an outside team without jeopardizing their intercollegiate eligibility when they re-enroll as a student during the 2021 winter/spring term(s)?

**Answer:** Yes. However, a student-athlete who engages in permissible outside competition during a term in which they are not enrolled is not eligible to use the missed term exception should it be needed for future academic certifications beyond the 2020-21 academic year.

**Question No. 5:** Can a student-athlete who is not enrolled during the 2020 fall term engage in practice, competition or any other countable athletically related activities (e.g., team meetings, strength and conditioning activities)?

**Answer:** No. A student-athlete who is not meeting full-time enrollment requirements or an available exception may not engage in practice, competition or other related countable athletically related activities.

**Progress-Toward-Degree Requirements for Continuing Student-Athletes.**

**Question No. 1:** Will there be any flexibility provided for continuing student-athletes who are not academically eligible for fall 2020 competition due to COVID-19?

**Answer:** Yes. Flexibility already exists for relief from application of progress-toward-degree legislation due to catastrophic events through the Progress-Toward-Degree Waiver Committee Previously Approved Waivers Checklist. In this circumstance, this authority allows institutions to self-apply a waiver for a student-athlete whose academic progress was impacted by COVID-19, directly or indirectly, during the 2019-20 academic year (including summer 2020 term(s)). This waiver can be self-applied by the membership for the following academic deficiencies that occur as a result of COVID-19: the six-hour rule, 18-hour rule, 24-hour rule, grade-point average and percentage-of-degree requirements. [Please note the specifications for requesting waiver relief from progress-toward-degree requirements for incoming transfer student-athletes can be found in the sections below on Two-Year College Transfers and Four-Year Undergraduate Transfers, respectively.]
Question No. 2: Does the flexibility provided in the previously approved waiver checklist apply to the nine-hour requirement for football student-athletes?

Answer: No. An institution will need to file a waiver through RSRO for any football student-athlete who did not successfully complete nine hours or earn the NCAA Division I Academic Progress Rate eligibility point during the 2019 fall term and did not regain eligibility using Bylaws 14.4.3.1.6.1 or 14.4.3.1.6.2.

Question No. 3: Can the previously approved waiver checklist be self-applied to waive good academic standing?

Answer: No.

Question No. 4: How does an institution’s decision to convert its traditional grading scale to "pass/fail" or "satisfactory/unsatisfactory" for the remainder of the 2019-20 academic year affect continuing student-athletes’ eligibility for competition during the 2020 fall term?

Answer: Conversion to a "pass/fail" or "satisfactory/unsatisfactory" grading scale does not impact an institution's ability to use credit hours earned when certifying a student-athlete's continuing academic eligibility. Specifically, there are no NCAA limitations or restrictions on the use of "pass/fail" courses to meet progress-toward-degree minimums. NCAA staff notes, institutional policy will continue to dictate how modified grading scales are calculated in an institution's grade-point average. If such an institutional grading scale conversion impacts a student-athlete's ability to meet specific progress-toward-degree requirements by the start of the 2020 fall term, the previously approved waiver checklist may be self-applied (see above Question and Answer No. 1).

Question No. 5: Does it matter if an institution's own policies allow any student to "opt in" to a modified grading scale for the remainder of the 2019-20 academic year?

Answer: No. A student-athlete, like any student, can make whatever decision is allowed consistent with the institution's policies and approach to grading scale modifications for the 2019-20 academic year. Student-athletes should work with their own institutional academic advising staff to make decisions about whether to "opt in" or "opt out" of modified grading scales that are made available to students.

Question No. 6: Are there any resources available to assist institutions in providing academic support to student-athletes who are no longer on campus or enrolled in online courses instead of in-class courses?

Answer: Yes, the following resources may assist the membership in supporting student-athletes adjusting to a remote learning environment for the remainder of the 2019-20 academic year:

- Enforcement resource "NCAA Tips for Remote Learning."
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- N4A – The National Association of Academic and Student-Athlete Development Professionals resource.
- NCAA Division I Committee on Academics/N4A resource.

Question No. 7: Is a midyear transfer student-athlete whose initial term(s) of enrollment at the certifying institution occurred during spring 2020 required to meet minimum GPA requirements by the start of fall 2020 (per Bylaws 14.4.3.3 and 14.4.3.3.1)?

Answer: Yes; however, if COVID-19 impacted a midyear transfer student-athlete's ability to meet GPA requirements by the start of the 2020 fall term, the institution may self-apply a waiver of Bylaw 14.3.3.3 using the Progress-Toward-Degree Waiver Committee Previously Approved Waivers Checklist.

Question No. 8: Must a student-athlete have entered the 2020 spring term(s) academically eligible for an institution to self-apply waiver relief using the previously approved waiver checklist for academic deficiencies that exist at the start of the fall 2020 term?

Answer: No. The Progress-Toward-Degree Waiver Committee Previously Approved Waivers Checklist may be self-applied to the aforementioned progress-toward-degree requirements for fall 2020 academic certifications, regardless of whether the impacted student-athlete was academically eligible entering the 2020 spring term(s).

Question No. 9: Does the ability to apply the previously approved waiver due to catastrophic events mean that a blanket waiver is being applied for all student-athletes who are ineligible for the 2020 fall term?

Answer: No. An institution must still complete the analysis to ensure that the student-athlete meets the criteria of the previously approved waiver. For example, the institution is required to put together and then maintain an academic recovery plan that among other things, demonstrates the student-athlete will recovery academically and stay on track to graduate within five years of initial full-time enrollment. If the institution determines that COVID-19 did not directly or indirectly contribute to the student-athlete’s academic ineligibility entering the 2020 fall term, then it should not self-apply the previously approved waiver checklist.

Question No. 10: Will an institution be able to apply the previously approved waiver a second time based on the Spring 2020 COVID-19 mitigation if a student-athlete is academically ineligible for a future term (e.g., was unable to meet percentage of degree entering the 2021 fall term)?

Answer: No. The previously approved waiver process requires an institution to create an academic recovery plan showing how the student-athlete will rectify the current deficiency and graduate within five years of full-time enrollment. If a student-athlete fails to meet a future progress-toward-degree requirement, the institution would need to submit the waiver through
RSRO and provide mitigation that demonstrates why the student-athlete was unable to successfully follow their existing academic recovery plan.

**Question No. 11:** May an institution apply the previously approved waiver checklist for a baseball student-athlete who fails to meet progress-toward-degree requirements at the outset of the 2020 fall semester?

**Answer:** Yes. Normally the previously approved waiver checklist may not be used to self-apply relief from the specific provisions that require baseball student-athletes to be academically eligible at the outset of the fall term. However, based on the unique impact of COVID-19, an institution may self-apply relief from Bylaws 14.4.3.1.3.1, 14.4.3.1.4.2, 14.4.3.1.5, 14.4.3.2.3.1 and 14.4.3.3.2.1 using the previously approved waiver checklist for the 2020 fall term, consistent with the aforementioned guidance and checklist requirements.

**Question No. 12:** Prior to the COVID-19 pandemic, the 2019-20 academic year may have been the intended final academic year of the student-athlete's baccalaureate degree. As a result, Bylaw 14.4.3.1.7.1 may have been used to certify such a student-athlete's six-hour requirement during the 2019-20 academic year. Due to COVID-19 implications, some student-athletes otherwise on track to graduate, may have been unable to or chose not to graduate prior to the start of the 2020 fall term. If such a student-athlete returns as a full-time undergraduate student-athlete during the 2020-21 academic year, may an institution reuse Bylaw 14.4.3.1.7.1 to certify that student-athlete's six-hour requirement for the 2020 fall term?

**Answer:** Yes. In this limited context, Bylaw 14.4.3.1.7.1 may be used again to certify the student-athlete's six-hour requirement for the 2020 fall term, regardless of whether the certifying institution already used the exception to certify the student-athlete's six-hour requirement during the 2019-20 academic year.

**Two-Year College Transfers.**

**Question No. 1:** Will there be any additional flexibility provided for 2-4 transfer student-athletes who do not meet 2-4 transfer requirements or percentage-of-degree requirements at the certifying institution going into the fall 2020 term due to COVID-19?

**Answer:** Flexibility of the 2-4 transfer requirements will be provided on a case-by-case basis through the waiver process in RSRO. Additionally, the certifying institution has the ability to request a progress-toward-degree waiver as it pertains to a percentage-of-degree deficiency through RSRO.

**Question No. 2:** What two-year college transfer requirements will a prospective student-athlete who qualifies for the COVID-19 Automatic Waiver from the NCAA Eligibility Center be required to meet should they eventually transfer to a Division I institution?
Answer: A prospective student-athlete who qualifies for the COVID-19 Automatic Waiver from the NCAA Eligibility Center will be considered a qualifier for purposes of assessing two-year college transfer requirements.

The following guidance is based on the NCAA Division I Council Coordination Committee’s action pertaining to committed prospective student-athletes’ ability to participate in virtual team activities. For more information, please refer to the Bylaw 13 portion of this resource.

Question No. 3: When must an incoming committed prospective student-athlete complete two-year college transfer requirements to begin participating in virtual team activities?

Answer: A committed prospective student-athlete must complete all two-year college transfer requirements before being eligible to participate in virtual team activities.

Question No. 4: May a two-year college transfer student-athlete who has not completed all two-year college transfer requirements participate in virtual team activities on one occasion?

Answer: Yes.

Question No. 5: May an incoming committed two-year college transfer student-athlete engage in summer athletic activities without being enrolled for summer 2020?

Answer: Yes; however, to engage in summer athletic activities, an incoming committed two-year college transfer student-athlete must have completed applicable transfer requirements.

Four-Year College Undergraduate Transfers.

Question No. 1: Is there flexibility for a four-year transfer student-athlete who would not have been academically eligible had they remained at their previous four-year institution due to COVID-19, to still use the one-time transfer exception and receive athletics aid at the four-year institution to which they transfer in fall 2020 (per Bylaws 14.5.5.2.10-(c) and 14.5.5.4)?

PLEASE NOTE: The following guidance on how to administer relief from progress-toward-degree requirements at a four-year transfer student-athlete's previous institution has been modified since the April 24 release.

Answer: Yes, if COVID-19 impacted a four-year transfer student-athlete's ability to leave their previous institution academically eligible per applicable progress-toward-degree requirements, waiver relief may be sought by the institution to which the student-athlete transfers for purposes of utilizing either the one-time transfer exception or receiving athletics aid at the certifying institution. If the certifying institution can determine that COVID-19 directly or indirectly contributed to the student-athlete's academic ineligibility at their previous institution, it may self-apply the Progress-Toward-Degree Waiver Committee Previously Approved Waivers Checklist. If the certifying institution is unable to determine that COVID-19 impacted the student-athlete's
eligibility at their previous institution, the certifying institution retains the ability to request a traditional progress-toward-degree waiver through RSRO.

**Question No. 2:** If a four-year transfer student-athlete does not meet percentage-of-degree requirements at the institution to which they transfer at the start of fall 2020, may the new institution apply the previously approved waiver criteria to certify the transfer student-athlete's academic eligibility?

**Answer:** No. Four-year transfer student-athletes who do not meet percentage-of-degree requirements at the institution to which they transfer are not academically eligible to compete. The certifying institution has the ability to request a progress-toward-degree waiver through RSRO.

*The following guidance is based on the NCAA Division I Council's package of modifications to the NCAA Division I Committee for Legislative Relief's policies, procedures and transfer waiver guidelines that apply to transfer waiver requests submitted for eligibility for the 2020-21 academic year.*

**Question No. 3:** For purposes of requesting a transfer waiver, how does an incoming four-year transfer student-athlete establish standing at their new institution during summer 2020?

**Answer:** In order for NCAA staff to consider a transfer waiver request, the incoming four-year transfer student-athlete must establish standing at the certifying institution. Standing can be established via the student-athlete's matriculation in summer school at the certifying institution, triggering transfer status or receipt of permissible expenses allowed in conjunction with virtual and/or summer team activities. If none of those criteria are met, please contact AMA. Given the unique environment for summer 2020, the staff is prepared to talk with the certifying institution about additional scenarios the school believes demonstrate an incoming four-year transfer student-athlete has established standing at their school.

**Initial Eligibility/NCAA Eligibility Center.**

For questions related to initial eligibility, please see the question and answer document prepared by the NCAA Eligibility Center available on the EC Portal: [NCAA Eligibility Center COVID-19 Response FAQs](https://www.ncaaconnect.org/content/download/97873/101359/faq-initial-eligibility-center.pdf).

**NCAA Division I Academic Performance Program.**

**Question No. 1:** Are institutions required to submit APP data for the spring 2020 term?

**Answer:** Yes. Institutions are required to submit APP data for all regular academic terms in the 2019-20 academic year, including the spring/winter 2020 term(s). The data is needed for academic policy decisions.
Question No. 2: Will there be any flexibility provided for eligibility points lost due to COVID-19 during the winter/spring 2020 term(s)?

Answer: Yes. Current APP policy allows for student-athletes who receive waivers of progress-toward-degree requirements to be awarded the eligibility point, as they are considered academically eligible.

If an institution self-applies the Progress-Toward-Degree Waiver Committee Previously Approved Waivers Checklist for a student-athlete impacted by COVID-19 (i.e., regular winter/spring 2020 term), the student-athlete can be awarded the eligibility point. Points lost that cannot be addressed via the waiver process because there is no competition pending can be addressed through an adjustment request.

Question No. 3: Does the "natural disasters" circumstance that warrants an adjustment to lost eligibility or retention points include COVID-19?

Answer: Yes, for the purposes of adjustment requests, natural disasters include catastrophic events as defined by the Federal Emergency Management Agency. FEMA defines catastrophic events as "any natural or manmade incident, including terrorism, that results in extraordinary levels of mass casualties, damage or disruption severely impacting the population, infrastructure, environment, economy, national morale and/or government functions." COVID-19 meets the definition of a catastrophic event, and therefore natural disaster.

Question No. 4: What is the documentation standard for adjustment requests related to COVID-19?

Answer: Current APP policy requires all adjustment requests be accompanied by contemporaneous supporting documentation for lost point(s). Depending on the facts related to the mitigation, required documentation may include, but is not limited to:

- Letters from treating physicians;
- Contemporaneous medical documentation;
- Letters from appropriate institution officials;
- Letters from student-athlete/family members; or
- Evidence of employment/termination/financial difficulties.

Staff has the authority to use its discretion in requesting other documentation to support the cited mitigation.
**Question No. 5:** Beyond the 2019-20 data, can COVID-19 be cited in future adjustments requests as mitigation for lost points (for example, mitigation for transfers who do not enroll in the next possible term)?

**Answer:** Yes. Such requests will be reviewed on a case-by-case basis.

**Question No. 6:** Could COVID-19 be considered extraordinary mitigation in the future for teams facing first-year penalties or first-time loss of access to postseason competition?

**Answer:** Yes. COVID-19 meets the definition of a catastrophic event, and therefore could be presented as mitigation like a natural disaster described as extraordinary mitigation in the penalty waiver directive. The institution would have to identify the points the team lost due to the catastrophic event, and the impact would likely have to be on multiple academic years.

**Question No. 7:** How are teams facing loss of postseason competition in spring 2020 impacted by the cancellation of spring championships?

**Answer:** The NCAA Division I Committee on Academics’ policy requires that a penalty or loss of access to postseason competition be applied in the academic year following the release of the applicable APR data, unless otherwise specified. In this case, teams that lost access to the spring 2020 postseason fulfilled that requirement despite those championships being canceled.

**Question No. 8:** Will a student-athlete who was on track to exhaust eligibility and/or graduate after the spring 2020 term be included in the APR cohort for 2020-21 if the student-athlete returns to the institution due to receiving an additional season of competition?

**Answer:** Yes. That is consistent with the Committee on Academic's current policy of including all student-athletes participating in intercollegiate athletics in the APP cohort, even if they have graduated or received a clock extension.

**Question No. 9:** Will student-athletes be expected to graduate within five years (10 semesters/15 quarters) of enrollment for APR purposes?

**Answer:** Yes. If the reason for not graduating within five years (10 semesters/15 quarters) of enrollment is related to COVID-19, that can be offered as mitigation when requesting an adjustment to the lost eligibility point.

**Question No. 10:** If the financial aid (tuition, fees, room, board, books) awarded to a spring sport student-athlete who exhausted or would have exhausted eligibility in 2019-20 during the 2020-21 academic year comes from the NCAA Student Assistance Fund (SAF) will they need to be included in the teams APR cohort?

**Answer:** Yes.
**Question No. 11:** If a student-athlete does not graduate after five years (10 semester/15 quarters), and returns for a 6th year of eligibility, is the extension alone grounds for an adjustment to the lost eligibility point in the 10th semester/15th quarter?

**Answer:** No. The clock extension alone is not grounds for an adjustment to a lost eligibility point because the student-athlete did not graduate after five years of enrollment. The institution will have to document why graduation did not occur after five years.

**Question No. 12:** If a student-athlete returns for an additional year of eligibility and the athletics aid the student-athlete receives is not countable against team limits, is that student-athlete in the APR cohort?

**Answer:** Yes, consistent with the policy on noncounters, if the student-athlete otherwise meets the definition for inclusion in the APR cohort (enrolled full time or meeting a legislative exception), their eligibility and retention outcomes must be reported in the APR.

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**NCAA Division I Bylaw 15 – Financial Aid**

**Impact of the Coronavirus Aid, Relief and Economic Security Act Grants on Financial Aid Limitations.**

**Question:** Is there an individual or team limit impact for funds received by institutions pursuant to the CARES Act that are then disbursed to student-athletes?

**Answer:** If provided on a basis unrelated to athletics, then the funds provided by institutions to student-athletes pursuant to the CARES Act are excluded from NCAA individual and team limit legislation.

**Impact of Season-of-Competition Waiver and Clock Extensions on Team Financial Aid Limits.**

**Question No. 1:** Are the team maximum financial aid limits or annual signing limits increasing for the 2020-21 academic year?

**Answer:** No.

**Question No. 2:** Will student-athletes who would have exhausted eligibility in 2019-20 be exempt from team financial aid limits for the 2020-21 academic year if they return to their same institution?

**Answer:** Yes, up to a financial aid award equivalent to the aid counted toward team financial aid limits during 2019-20. For example, a student-athlete who counted as a .75 equivalency toward the team financial aid limit for 2019-20 (regardless of whether awarded as equivalency, dollar amount or by element) may have an award of up to a .75 equivalency exempted from the team financial aid limit for 2020-21. Receipt of the exempt aid will not trigger counter status, and the student-athletes would not need to be included in any applicable team counter limits.
Question No. 3: Will student-athletes who would have exhausted eligibility in 2019-20 be exempt from team financial aid limits for the 2020-21 academic year if they transfer to a new institution?

Answer: No.

Question No. 4: Must aid be renewed for a student-athlete who would have exhausted eligibility in 2019-20 and return to their same institution for the 2020-21 academic year?

Answer: Institutions may renew, reduce or not renew at their discretion.

Question No. 5: In the sport of baseball, does the minimum equivalency legislation apply to financial aid awarded to a student-athlete who would have exhausted eligibility in 2019-20 and returns to their same institution for the 2020-21 academic year?

Answer: No.

Question No. 6: Is an institution that chooses to reduce or to not renew financial aid based on athletics for a student-athlete who would have exhausted eligibility in 2019-20 and returns to their same institution for the 2020-21 academic year required to provide the student-athlete a hearing opportunity?

Answer: No.

Question No. 7: May an institution use the NCAA Student Assistance Fund to provide financial aid for the 2020-21 academic year to a student-athlete who would have exhausted eligibility in 2019-20 and returns for 2020-21?

Answer: Yes. There will not be a separate Student Assistance Fund distribution for 2020-21; therefore, those NCAA funds distributed by the conference to the institution will not be subject to Student Assistance Fund restrictions. That distribution remains subject to conference policies and procedures. Further, any Student Assistance Fund funds that remain from previous distributions may be used, subject to conference policies and procedures, to provide financial aid to those student-athletes for the 2020-21 academic year. Any financial aid awarded to those student-athletes for the 2020-21 academic year that includes money from the distribution or from a previous distribution is considered financial aid that is based on athletics.

Question No. 8: Has the legislated July 1 financial aid renewal deadline been extended?

Answer: No.

Question No. 9: Is the exemption from team financial aid limits for 2020-21 applicable to a student-athlete who was anticipated to compete and exhaust eligibility in 2019-20, but who had not competed prior to the cancellation of the season?
**Question No. 10:** Is the exemption from team financial aid limits for 2020-21 applicable to a student-athlete who used or would have used their final season of competition in 2019-20, but whose five-year clock would not expire until 2020-21?

**Answer:** Yes.

**Question No. 11:** For a student-athlete who would have exhausted eligibility in 2019-20, may an institution replace other countable aid from 2019-20 with athletics aid or funds from the Student Assistance Fund for 2020-21 without triggering counter status?

**Answer:** Yes, provided the student-athlete's total equivalency for 2020-21 does not exceed the student-athlete's equivalency for 2019-20. For example, a student-athlete whose .75 team equivalency consisted of .50 athletics aid and .25 countable need-based institutional aid in 2019-20, but whose institutional need-based aid is not available in 2020-21, may exempt up to .75 team equivalency consisting entirely of athletics aid in 2020-21.

**Question No. 12:** Subject to individual and team financial aid limits, for the remainder of the 2019-20 academic year, may an institution provide retroactive aid for 2019-20 to a student-athlete who would have exhausted eligibility in 2019-20 and exempt the entire amount of aid that counted toward the team financial aid limit for 2019-20 exempt from that limit for 2020-21?

**Answer:** Yes, all financial aid counted toward the team financial aid limit during 2019-20 may be considered when determining what may be exempted from the 2020-21 team financial aid limit.

**Question No. 13:** If a student-athlete who would have exhausted eligibility in 2019-20 uses a missed term exception for fall 2020, how does the institution determine how much of that student-athlete's aid may be exempted from the team's financial aid limit during 2020-21?

**Answer:** All financial aid counted toward the team financial aid limit during 2019-20 may be considered when determining what may be exempted from the 2020-21 team financial aid limit. For example, if the student-athlete counted as .25 toward the team financial aid limit for 2019-20 and uses a missed term exception for the fall 2020 semester, the institution may exempt countable aid of up to .50 that is awarded to that student-athlete for the spring 2021 semester because that award equals .25 for the 2020-21 academic year.

**Question No. 14:** Does the financial aid exemption apply to a multisport student-athlete whose aid was counted toward their fall or winter sport in 2019-20 (e.g., volleyball instead of beach volleyball; football instead of outdoor track and field; the choice to count aid toward soccer instead of lacrosse), and who exhausted eligibility in the fall or winter sport during 2019-20?

**Answer:** Yes. The student-athlete is only participating in the spring sport (e.g., beach volleyball, outdoor track and field or lacrosse) for 2020-21. Therefore, the exemption applies.
**Question No. 15:** Does the financial aid exemption apply to a multisport student-athlete who exhausted or would have exhausted eligibility in their spring sport in 2019-20, but who has remaining eligibility in their other sport?

**Answer:** Yes, but the student-athlete's participation must be limited to the spring sport if the aid did not count toward the spring sport's team equivalency in 2019-20.

**Question No. 16:** Does the financial aid exemption apply to a student-athlete who exhausted or would have exhausted eligibility in 2019-20 in outdoor track and field, and has remaining eligibility in indoor track and field and/or cross country if the student-athlete participates in indoor track and field and/or cross country (the sport(s) in which the student-athlete has remaining eligibility)?

**Answer:** No.

**Question No. 17:** Does the financial aid exemption apply to a situation where the student-athlete has an existing multiyear financial aid agreement that will provide a higher equivalency in 2020-21 than what the student-athlete was awarded for 2019-20?

**Answer:** Yes. An institution may apply the exemption up to the greater of the aid awarded in 2019-20, the student-athlete's existing multiyear financial aid agreement awards for 2020-21 or the aid the institution would be required to provide according to the renewal legislation.

**Question No. 18:** How does the financial aid exemption apply to a spring sport team's financial aid limit if an institution renews a student-athlete who would have exhausted eligibility in 2019-20 at an increase for 2020-21 (e.g., .70 equivalency in 2019-20 renewed at .90 equivalency for 2020-21)?

**Answer:** Any countable financial aid received in excess of the countable financial aid awarded for 2019-20 must be included in the team's financial aid limit for 2020-21. However, the student-athlete is not subject to the spring sport team's counter or roster limit, if applicable. Further, a baseball student-athlete whose 2019-20 financial aid award satisfied the minimum equivalency requirement (or an exception to that requirement) is not subject to the minimum equivalency requirement for 2020-21.

**Question No. 19:** If changes to a student-athlete's 2020-21 denominator (e.g., due to tuition differences between undergraduate and graduate school) result in a greater equivalency for a student-athlete previously provided a dollar amount or element by element agreement, may the institution exempt up to the new equivalency amount?

**Answer:** Yes.
Question No. 20: If receipt of institutional aid resulted in either the reduction of, or release of obligation to provide, athletically related aid under a financial aid agreement in place for 2019-20 and the institutional aid is no longer available (e.g., noncountable academic aid only available for four years), may an institution exempt up to the equivalency awarded in the original 2019-20 financial aid agreement?

Answer: Yes.

Question No. 21: May an institution exempt countable financial aid awarded for 2020-21 to replace a counter's institutional noncountable aid that is no longer available?

Answer: No. The institution may only exempt countable aid in 2020-21 consistent with the expectation created in the 2019-20 athletics aid agreement. The new athletics aid would need to count toward team limits. However, the student-athlete is not subject to the spring sport team's counter or roster limit, if applicable. Further, a baseball student-athlete whose 2019-20 financial aid award satisfied the minimum equivalency requirement (or an exception to that requirement) is not subject to the minimum equivalency requirement for 2020-21.

Institutional Closures/Moves to Distance Learning and 2019-20 Financial Aid.

Question No. 1: May an institution continue to provide off-campus room and board to student-athletes if the institution moves to distance learning for a portion, or the remainder, of a regular academic term?

Answer: Yes. And, athletics is encouraged to remain in contact with the institution's financial aid office to remain aware of any changes the institution makes to the cost-of-attendance calculations for its off-campus students to determine whether the amount provided for off-campus room and board needs to be adjusted.

Question No. 2: If an institution requires all its students to return home for the term, and does not release room and board for any of its students, but does not recalculate cost of attendance, does NCAA legislation require athletics aid to be provided?

Answer: No. NCAA legislation will not supersede institutional determinations related to institutional aid for all students under the circumstances.

Question No. 3: Will institutional decisions regarding student-athlete health and safety needs, including providing traditional elements of financial aid (for example, room and board) impact 2019-20 financial aid calculations?

Answer: No. The situation involves assisting a student-athlete with a health, safety or well-being concern; therefore, the institution should feel comfortable applying the greatest degree of flexibility in interpreting the application of the legislation.
Question No. 4: May money from the Student Assistance Fund be used to pay for student-athlete health and safety needs, including providing traditional elements of financial aid (for example, room and board)?

Answer: Yes. The situation involves assisting a student-athlete with a health, safety or well-being concern; therefore, the institution should feel comfortable applying the greatest degree of flexibility in interpreting the application of the legislation.

Question No. 5: Are student-athletes able to receive a prorated refund of their on-campus room and board for the time they are not able to access campus?

Answer: Yes, provided other students who are receiving institutional scholarships or other awards that cover room and board (for example, President's Award) are also receiving prorated refunds for the same purpose. Further, there would not be a requirement to recalculate equivalency if cost of attendance was not recalculated for students generally.


Note: The questions and answers below apply to agreements issued without a National Letter of Intent. Institutions are directed to the NLI section of this document for questions related to the issuing and signing of NLIs.

Question No. 1: Can an institution’s regular financial aid authority continue to issue and allow a prospective student-athlete to accept/sign a financial aid agreement not based on athletics?

Answer: Yes. The prohibition only applies to an institutional financial aid agreement awarded based on athletics ability, participation or achievement. Further, the emergency legislation does not restrict the institution from making written offers of admission or restrict a prospective student-athlete from submitting a financial deposit in response to an institution’s offer of admission.

Question No. 2: Does the prohibition apply to all prospective student-athletes (high school, two-year, four-year, graduate student transfers)?

Answer: Yes.

Question No. 3: Is a financial aid agreement issued and signed before March 18 valid?

Answer: Yes.

Question No. 4: Is a financial aid agreement issued on or before March 18 and signed on March 18 valid?

Answer: Yes. An agreement issued on or before March 18 and signed on March 18 is valid.
Question No. 5: Are financial aid agreements issued before March 18 and signed after March 18 valid?

Answer: No. Regardless of when it was issued, a financial aid agreement signed on or after March 19 is not valid. Institutional financial aid agreements cannot be issued to a prospective student-athlete or signed by a prospective student-athlete from March 19 until the period established by the emergency legislation ends on April 15.

Question No. 6: For international students, can financial aid agreements be issued and signed after March 18 to demonstrate athletic financial support to the prospective student-athlete's embassy?

Answer: While the emergency temporary legislation is in effect, the athletics department is encouraged to work with the institution's international admissions office to determine what type of documentation may be used to support the institution's international admissions process. As a reminder, the emergency temporary legislation does not affect an institution's ability to issue a written offer of admission or a prospective student-athlete's ability to submit a financial deposit in response to an institution's offer of admission.

Question No. 7: With NLIs able to be issued and signed beginning on April 15, 2020, are institutional athletics aid agreements issued without an NLI also able to be issued and signed beginning on April 15?

Answer: Yes.


Below are frequently asked questions that accompanied the baseball blanket waiver approved June 9, 2020.

Question No. 1: Does this blanket waiver impact the current COVID-19 question and answer, which permits student-athletes exercising the season-of-competition waiver in baseball to receive the same equivalency from 2019-20 and NOT be counters or count against team equivalency?

Answer: No.

Question No. 2: Does the ability to renegotiate apply only to returning student-athletes?

Answer: No. Institutions are permitted to renegotiate with an incoming student-athlete (freshman or transfer) who previously signed an athletics aid agreement. (For National Letter of Intent impact, see administrative guidelines).
Question No. 3: In 2021-22, can an institution award the average of the aid received during 2020-21 and the amount that would have been received by the student-athlete under the original aid agreement if that amount is less than a .25 equivalency?

Answer: No. The institution must renew the student-athlete's agreement for the 2021-22 academic year and provide at least a 25% equivalency or the average of the aid received during 2020-21 and the amount that would have been received by the student-athlete under the original aid agreement, whichever is greater.

Question No. 4: Can less than a 25% equivalency be offered to a returning nonscholarship student-athlete who did not receive athletics aid during 2019-20?

Answer: The blanket waiver was intended to allow institutions to renegotiate previously issued athletics aid agreements. However, an institution would be permitted to provide less than a 25% equivalency to a returning nonscholarship student-athlete. If the institution provides athletics aid to the student-athlete in 2021-22, they would be required to renew the student-athlete's agreement to a minimum of a 25% equivalency. If the aid is not renewed for 2021-22, then the student-athlete must be provided an opportunity to appeal and the institution must follow its normal policies and procedures for conducting the appeal.

Question No. 5: If an institution reduces a student-athlete's athletics aid for 2020-21, is the institution required to give the student-athlete a hearing opportunity?

Answer: Yes. The student-athlete must still be provided an opportunity to appeal and the institution must follow its normal policies and procedures for conducting the appeal.

NCAA Division I Bylaw 16 – Awards, Benefits and Expenses for Enrolled Student-Athletes

Recognizing that the current circumstances are not contemplated by existing NCAA rules and that institutions must navigate these circumstances while taking into consideration state and local laws and unique institutional risks, policies and requirements, institutions are encouraged to focus on the well-being of their student-athletes. The awards-and-benefits legislation is not intended, at its core, to prevent an institution from providing the resources to support its own student-athletes through a personal emergency; therefore, such circumstances do not require a consistent national standard. A flexible approach is warranted when an institution is supporting a student-athlete's personal well-being, and the benefit is limited to a specific, extreme circumstance (e.g., national pandemic) beyond the student-athlete's control. Institutions are encouraged to work with applicable institutional medical, legal and risk management personnel to determine how best to address individual student-athlete needs and corresponding institutional considerations and may contact staff through RSRO to assist with these or any other questions.

Question No. 1: May an institution provide a student-athlete with meals, lodging and or transportation if required to depart campus or if campus services are interrupted?
Question No. 2: May a student-athlete who cannot return home (for example, due to travel restrictions) temporarily stay with a member of the institution's staff (for example, a coach)?

Answer: Yes. The situation involves assisting a student-athlete with a health, safety or well-being concern; therefore, the institution should feel comfortable applying the greatest degree of flexibility in interpreting the application of the legislation.

Question No. 3: May an institution provide boxed food delivery services or food related gift cards to a student-athlete who was required to remain at home, return home or is otherwise unable to access campus due to COVID-19?

Answer: Yes. The situation involves assisting a student-athlete with a health, safety or well-being concern; therefore, the institution should feel comfortable applying the greatest degree of flexibility in interpreting the application of the legislation.

Question No. 4: May an institution cover shipping books and other necessities to a student-athlete who was required to remain at home, return home or is otherwise unable to access campus due to COVID-19?

Answer: Yes. The situation involves assisting a student-athlete with a health, safety or well-being concern; therefore, the institution should feel comfortable applying the greatest degree of flexibility in interpreting the application of the legislation.

Question No. 5: For those winter championships that were cancelled before initial competition for any or all institutions identified for participation, may a conference still provide conference championship participation awards?

Answer: Yes, provided the winter conference championship participants had been identified before the cancellation.

Question No. 6: May an institution provide lodging and/or meal benefits during the summer for an off-campus or at-home student-athlete who is unable to otherwise receive anticipated summer financial aid or permissible summer-access expenses due to institutional COVID-19-related determinations.

Answer: Yes, provided the situation involves assisting a student-athlete with a health, safety or well-being concern (e.g., nutritional needs, off-campus rental-agreement commitments). Institutions should feel comfortable considering flexibility when applying this answer under such circumstances.
Question No. 7: Subject to meeting applicable state and municipal requirements, may an institution provide institutional access to student-athletes prior to providing similar access for the general student-body.

Answer: Yes. Provided the institution is complying with applicable health and safety legislation and policy, such arrangements are permissible. Institutions are encouraged to apply a flexible approach to the interpretation and application of legislation as it relates to institutional return to campus decisions.

Question No. 8: May institutional COVID-19-related housing decisions result in greater than 50 percent student-athlete concentration in specific dormitories or blocks within institutional or institutionally arranged housing?

Answer: Yes. Provided the institution is complying with applicable health and safety legislation and policy, such arrangements are permissible. Institutions are encouraged to apply a flexible approach to the interpretation and application of legislation as it relates to institutional student housing decisions.

Question No. 9: May an institution provide vacation period lodging and meal expenses for student-athletes that must engage in state, municipal or institutional health and safety protocols (e.g., mandated testing activities, required pre-return quarantine period) prior to their ability to begin required physical activities as of the first permissible date?

Answer: Yes, an institution may provide lodging and meal expenses for applicable mandated health and safety protocol periods prior to the first permissible date of required physical activities; provided, institutions may not require student-athletes to participate in any physical activity prior to the first permissible date, and any voluntary physical activity or permissible nonphysical activity (e.g., filling out compliance forms) that may occur during this period should occur in a manner that complies with any applicable state, municipal or institutional safety requirements. It remains important that schools proactively plan and account for necessary staff, facilities, supplies and other health and safety resources as they look to implement this flexibility and the various other considerations that may be part of a safe return to athletics activities on campus.

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Question No. 1: Does an institutional staff member with current certification in first aid, cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED) need to be present any time a student-athlete is participating in physical countable athletically related activity?

Answer: Yes. Therefore, it is not permissible to conduct virtual physical countable athletically related activity.
Question No. 2: May an institutional strength and conditioning coach or coaching staff member distribute workouts to student-athletes to use for voluntary athletically related activities?

Answer: Yes, provided the workouts are approved by applicable institutional athletics and/or medical personnel and otherwise adhere to applicable legislative, policy and institutional requirements (for example, Interassociation Recommendations Preventing Catastrophic Injury and Death in Collegiate Athletes). As a reminder, an institutional staff member may not supervise or conduct such workouts and it is not permissible for an institutional staff member to post (for example, social media) images and/or video of student-athletes engaged in voluntary athletically related activities.

Question No. 3: May a student-athlete film voluntary athletically related activities and report back to coaching staff members while home and enrolled in online classes?

Answer: No. A student-athlete may not report voluntary athletically related activities to institutional coaches or staff members. However, student-athletes may post to their own social media account a voluntary athletically related activity, not at the direction of an institutional staff member. This action does not constitute reporting back to an institutional staff member.

Question No. 4a: What effect does the cancellation of all remaining winter and spring NCAA championships have on playing and practice seasons for the remainder of the 2019-20 academic year?

Answer: All sports are considered out-of-season for the remainder of the 2019-20 academic year. Required countable athletically related activities (for example, film review sessions or team meetings) during this timeframe must adhere to applicable legislative, policy and institutional requirements (for example, Interassociation Recommendations Preventing Catastrophic Injury and Death in Collegiate Athletes). As a reminder, it is not permissible to conduct virtual physical countable athletically related activity (See Question No. 1, above).

Question No. 4b: Are all sports, including football, required to cease countable athletically related activities beginning the week prior to final examination period?

Answer: Yes, all countable athletically related activities outside the playing season are prohibited one week prior to the beginning of the institution's final examination period for the applicable academic term through the conclusion of the institution's academic term.

Question No. 5: In the sport of baseball, is a student-athlete who would have exhausted eligibility in 2019-20 and returns for 2020-21 subject to the varsity squad size limitation – championship segment legislation?

Answer: No. The NCAA Division I Council approved a waiver to allow institutions to exclude those student-athletes from the varsity squad size limit of 35 for the 2020-21 academic year, provided the student-athlete received a season of competition waiver and/or an extension of
eligibility based on COVID-19 and the student-athlete is participating on the same team as he was in 2019-20. Those returning student-athletes are still required to be declared as varsity squad members to continue to participate in countable athletically related activities following the institution's declaration of its varsity squad.

**Question No. 6:** Does an institution's decision to conduct classes remotely (e.g., online) trigger the start of a vacation period?

**Answer:** No.

**Question No. 7:** May an institution post images and/or video to social media of student-athletes engaged in out-of-season required countable athletically related activities (e.g., review of film, chalk talk, etc.) while at home and taking online classes?

**Answer:** Yes, an institution may post images and/or video on social media of student-athletes engaged in permissible out-of-season countable athletically related activities. As a reminder, it is not permissible to conduct virtual physical countable athletically related activity (see Question No. 1 above).

**Question No. 8:** May an institution's athletics department post a bona fide promotional video to social media of one or more student-athletes engaged in a limited physical athletics activity (e.g., virtually passing a ball)?

**Answer:** Yes, provided participation in the bona fide promotional video is voluntary and the video is not created at the direction of an athletics department staff member, does not involve countable coaches and is otherwise consistent with institutional promotions involving student athletes. Under these circumstances, one or more student-athletes may participate in limited physical athletics activity related to their sport (e.g., kicking a ball, throwing a ball, juggling a puck) without such an activity triggering a countable athletically related activity.

**Question No. 9:** May an institution's strength and conditioning coach post examples of workouts to social media and allow student-athletes to view them?

**Answer:** Yes, provided the strength and conditioning coach's social media is open to the general public and the workout is not designed for specific student-athletes. Please note, the strength and conditioning coach may not view student-athletes engaged in workouts or physical activities.

**Question No. 10:** If a student-athlete posts a voluntary athletically related activity on social media, may an institution's coach or athletics department staff member take an action of approval?

**Answer:** No, an institution may not take an action of approval (e.g., like, favorite, retweet, share, comment) on social media of student-athletes participating in voluntary athletically related activity. Taking an action of approval is a prohibited form of reporting and recognition.
Question No. 11: May an institution's coach and student-athlete engage in in-person, nonathletically related conversation while on-campus?

Answer: Yes.

Question No. 12: In Bowl Subdivision Football, to address COVID-specific health and safety challenges (e.g., decreased availability of staff, physical distancing protocols), may an institution use its discretion to allow its other certified strength and conditioning coaches who are not included in the football program's limit of five strength and conditioning coaches to assist the football program?

Answer: Yes.

Question No. 13: Must any individual performing strength and conditioning activities (e.g., flexibility, warm-up and physical conditioning) be certified through a nationally accredited strength and conditioning certification program?

Answer: Yes.

Question No. 14: In all sports, may an institution use its discretion to allow a noncoaching staff member (e.g., director of operations) to perform COVID-related duties (e.g., sanitation, enforcement of physical distancing) during voluntary athletic activity?

Answer: Yes. However, a noncoaching staff member is not permitted to participate in on-court or on-field activity (e.g., assist with drills, signal plays). Additionally, any staff member providing this additional support is expected to be appropriately licensed, certified and/or otherwise qualified to perform the assigned COVID-related duties.

Question No. 15: May an institution's sport coach (e.g., head coach, volunteer coach, graduate assistant coach) be present during a student-athlete's voluntary athletically related activity?

Answer: No. However, existing exceptions (e.g., safety exception, FCS exception for countable coaches who are certified strength and conditioning coaches) still apply.

NCAA Division I Council Coordination Committee April 15 Action Related to Countable Athletically Related Activities (Effective April 20; Updated due to NCAA Division I Council May 20, 21 and 22 Actions Related to Countable Athletically Related Activities).

Question No. 1: In all sports, outside of the time period from one week prior to the beginning of the institution's final examination period for the applicable academic term through the conclusion of the institution's academic term (see Question No. 4b in the previous section), may an institution's coach require student-athletes to participate in eight hours of virtual nonphysical countable athletically related activities (e.g., film review, chalk talk, team meetings) per week?
Answer: Yes. The Council Coordination Committee action allows institutions to require student-athletes in all sports to participate in a maximum of eight hours of virtual nonphysical countable athletically related activity per week. This action is effective April 20, 2020, through June 30, 2020.

Question No. 2: From April 20 through June 30, are institutions required to provide student-athletes a day off?

Answer: Yes. The Council Coordination Committee action requires institutions to provide student-athletes with at least one day off per week. Also, all countable athletically related activities are prohibited from one week before the start of the institution's final examination period for the applicable academic term through the conclusion of the institution's academic term.

Question No. 3: Does the Council Coordination Committee's action apply during an institutional vacation period or summer period that falls between April 20 and June 30?

Answer: Yes. The Council Coordination Committee's action applies from April 20 through June 30, regardless of whether those dates include an institutional vacation period or summer period.

On May 15, the NCAA Division I Council Coordination Committee provided answers to the following two questions. On May 20, the NCAA Division I Council will review issues related to the application of the voluntary athletically related activity legislation and the required summer athletic activities legislation on June 1 and thereafter and will decide whether to take additional action.

Question No. 4: In all sports, may on-campus voluntary athletically related activities occur before June 1?

Answer: No.

Question No. 5: In football and basketball, may required summer athletic activities occur before June 1?

Answer: No. Further, the NCAA Division I Council May 20, 21 and 22 Actions Related to Athletically Related Activities extended the prohibition on required summer athletic activities through at least June 30. Please see Question No. 3 in the NCAA Division I Council May 20, 21 and 22 Actions Related to Athletically Related Activities section for additional information.

NCAA Division I Council Coordination Committee May 6 Action Related to Summer Athletic Activities for Football and Basketball.

Question: In football and basketball, may incoming and continuing student-athletes engage in summer athletic activities without being enrolled for summer 2020?
**Foreign Tours.**

**Question No. 1:** If an institution cancels a foreign tour as a result of the COVID-19 outbreak, may the institution reimburse student-athletes and family members for prepaid expenses associated with the foreign tour?

**Answer:** Yes. The NCAA Division I Council Coordination Committee approved a waiver to allow student-athletes (and their family members) to be reimbursed for expenses associated with a canceled foreign tour.

**Question No. 2:** May an institution reschedule a foreign tour to occur during the academic year and outside the declared playing and practice season?

**Answer:** Yes. However, the foreign tour must occur during the institution's declared vacation period.

**NCAA Division I Council May 20, 21 and 22 Actions Related to Athletically Related Activities.**

**Question No. 1:** In basketball and football may required summer athletic activities occur beginning June 1?

**Answer:** No. However, Council action does allow basketball and football student-athletes (including freshman and transfers) to participate in voluntary on-campus summer athletic activities beginning June 1, 2020. While NCAA rules permit in-person athletically related activity, institutions should follow all applicable governmental and public health guidance and/or directives that are issued as well as institutional and conference rules related to COVID-19.

**Question No. 2:** May in-person voluntary athletically related activities occur in all sports beginning June 1?

**Answer:** Yes. While NCAA rules permit in-person voluntary athletically related activity, institutions should follow all applicable governmental and public health guidance and/or directives that are issued as well as institutional and conference rules related to COVID-19.

**Question No. 3:** May an institution's coach observe or conduct voluntary athletically related activities beginning June 1?

**Answer:** No. The general rule prohibits a coach from observing or conducting a student-athlete's participation in voluntary athletically related activities. Please keep the following information in mind:
Institutional staff members may be present for reasons incidental to job responsibilities either in supervising the use of the facility (e.g., facilities staff, manager) or to ensure the health and safety of the student-athletes (e.g., trainer, medical staff).

Although a strength and conditioning coach may not be present during voluntary athletically related activities (e.g., open gym, 7 versus 7), strength and conditioning coaches who are not countable coaches in the student-athlete’s sport may design, provide (via mail, electronic transmission or in-person) and conduct (in-person only) specific strength and conditioning workout programs for a student-athlete, provided such workouts are voluntary and conducted at the request of the student-athlete.

In NCAA Football Championship Subdivision (FCS), a countable coach certified as a strength and conditioning coach may design, provide (via mail, electronic transmission or in-person) and conduct (in-person only) and conduct specific strength and conditioning workout programs for student-athletes, provided such workouts are voluntary and conducted at the request of the student-athlete.

For sports with a safety exception, a student-athlete may ask the institution’s coach to be present for safety purposes at a voluntary individual workout.

In individual sports, during any institutional vacation period and/or the summer a student-athlete may ask the institution’s coach to participate in an individual-workout session.

While NCAA rules permit the activities described above, institutions should follow all applicable governmental and public health guidance and/or directives that are issued as well as institutional and conference rules related to COVID-19.

Question No. 4: Beginning June 1, may in-person summer voluntary strength and conditioning activities observed or conducted by a strength and conditioning coach occur in the locale of the institution or only in facilities normally used by the institution for practice or competition?

Answer: An institution’s strength and conditioning coach may observe or conduct a voluntary strength and conditioning workout with a student-athlete in the locale of the institution and in facilities normally used by the institution for practice or competition. While NCAA rules permit in-person voluntary athletically related activity, institutions should follow all applicable governmental and public health guidance and/or directives that are issued as well as institutional and conference rules related to COVID-19.

Question No. 5: Beginning June 1, may a student-athlete in a sport with a safety exception ask the institution’s coach to be present for safety purposes at a voluntary individual workout conducted in the institution’s regular practice facility?
Answer: Yes. While NCAA rules permit in-person voluntary athletically related activity, institutions should follow all applicable governmental and public health guidance and/or directives that are issued as well as institutional and conference rules related to COVID-19.

Question No. 6: Beginning June 1, may a student-athlete in an individual sport ask the institution's coach to participate in an individual-workout session at any location?

Answer: Yes. An institution's coach may observe or conduct a summer individual-workout session initiated by a student-athlete at any location, provided the session does not take place in conjunction with a competition in which the student-athlete is a participant. While NCAA rules permit in-person voluntary athletically related activity, institutions should follow all applicable governmental and public health guidance and/or directives that are issued as well as institutional and conference rules related to COVID-19.

NCAA Division I Council Coordination Committee May 27 Action Related to Strength and Conditioning Coach Observing Virtual Voluntary Athletically Related Activity.

Question: Beginning June 1, may an institution's strength and conditioning coach virtually observe a student-athlete's voluntary workouts for health and safety purposes (e.g., proper form, technique) and have discussions with the student-athlete related to such workouts?

Answer: Yes, provided the student-athlete initiates the request for the observation and/or discussion. The Council Coordination Committee action permits a strength and conditioning coach to observe virtually a student-athlete's voluntary workouts for health and safety purposes (e.g., proper form, technique) and have discussions with the student-athlete related to such workouts. A strength and conditioning coach is not permitted to conduct the voluntary workout. In addition, an institution that elects to permit a strength and conditioning coach to virtually observe a student-athlete's voluntary workouts should proactively take into consideration its overarching responsibility to protect the health of, and provide a safe environment for, each student-athlete and address how the strength and conditioning coach would respond in the event that an unsafe workout environment is observed or in the event that a medical emergency occurs during the observational session. Finally, institutions should be cognizant of applicable governmental and public health guidance and/or directives that are issued as well as institutional and conference rules related to COVID-19.

NCAA Division I Council June 17 Action Related to NCAA Division I Men's and Women's Basketball Summer Athletic Activity and Preseason Practice Model.

The questions and answers in this section are designed to educate the membership about the Division I Basketball 2020 Summer Athletic Activities and Preseason Practice Model. The Council may consider a recommendation regarding additional activities for the period of July 1-19 during its June 25 meeting.

Question No. 1: What activities are permissible between now and July 19?
Question No. 1: May student-athletes participate in voluntary countable athletically related activities and a maximum of eight hours of virtual nonphysical countable athletically related activities.

Answer: Basketball student-athletes may only participate in voluntary countable athletically related activities and a maximum of eight hours of virtual nonphysical countable athletically related activities.

Question No. 2: May an institution's coach require student-athletes to participate in eight hours of virtual nonphysical countable athletically related activities (e.g., film review, chalk talk, team meetings) per week?

Answer: Yes. The Council Coordination Committee action allows institutions to require student-athletes in all sports to participate in a maximum of eight hours of virtual nonphysical countable athletically related activity per week. (See Question No. 1 from the April 15 Council Coordination Committee action).

Question No. 3: From June 17 through July 19, are institutions required to provide basketball student-athletes a day off?

Answer: Yes. The NCAA Division I Council action requires institutions to provide student-athletes with at least one day off per week. (See Question No. 2 from the April 15 Council Coordination Committee action).

Question No. 4: May strength and conditioning coaches design and conduct in-person, specific workout programs for student-athletes between now and July 19?

Answer: Yes. Strength and conditioning coaches who are not countable coaches in the student-athlete's sport may design and conduct in-person specific workout programs for a student-athlete, provided such workouts are voluntary and conducted at the request of the student-athlete.

Question No. 5: May student-athletes participate in "pick-up" games on the institution's campus?

Answer: Yes, provided there is no arrangement or observation by countable coaches and the "pick-up" game meets the remaining requirements of voluntary activities as defined in Bylaw 17.02.19.

Question No. 6: When may an institution begin required summer athletic activities?

Answer: Required summer athletic activities (summer access) may begin July 20 for up to eight weeks until the institution's first day of classes or September 15, whichever is earlier.

Question No. 7: What activities may a basketball student-athlete participate in during summer access?

Answer: A basketball student-athlete may participate in up to eight hours per week for weight-training, conditioning and skill instruction, with not more than four hours of skill-related
instruction per week. Further, student-athletes may participate in required virtual nonphysical activities. Note, required in-person and virtual activities may not exceed a combined eight hours per week.

**Question No. 8:** During required summer access, may student-athletes engage in voluntary athletically related activities in addition to eight hours of weight training, conditioning and skill instruction?

**Answer:** Yes, provided all voluntary activities meet the requirements of voluntary activities as defined in Bylaw 17.02.19.

**Question No. 9:** May incoming and continuing student-athletes engage in summer athletic activities without being enrolled for summer 2020?

**Answer:** Yes, however, to begin summer activities, a committed incoming student-athlete (high school or transfer) must have completed academic requirements for high school graduation or applicable transfer requirements.

**Question No. 10:** If basketball student-athletes do not return to campus during the institution's designated summer access period, beginning on or after July 20, may student-athletes participate in summer access activities?

**Answer:** No. However, student-athletes may participate in up to eight hours per week of virtual nonphysical countable athletically related activity.

**Question No. 11:** If a portion of basketball student-athletes return to campus for the institution's designated summer access period, beginning on or after July 20, and other teammates do not return, what activities are permitted?

**Answer:** During the institution's designated summer access period, student-athletes who return to campus may participate in up to eight hours per week of required in-person strength and conditioning and skill instruction activities, with not more than four hours of skill instruction. Student-athletes who are on-campus may also participate in up to eight hours of virtual nonphysical countable athletically related activities, provided the summer access and virtual nonphysical countable athletically related activities do not exceed a maximum of eight hours per week combined. Student-athletes who do not return to campus may participate in up to eight hours per week of virtual nonphysical countable athletically related activities.

NCAA Division I Council June 17 Action Related to Football Summer Athletic Activity and Preseason Practice Model.

*The following questions and answers are designed to educate the membership regarding the Division I Football 2020 Summer Athletic Activity and Preseason Practice Model. Please refer to Attachment A for additional information.*
Question No. 1: Does this model modify the preseason practice legislation?

Answer: The Council approved a waiver of the limit on preseason practice participants legislation [NCAA Bylaw 17.10.2.1.2] for the 2020 preseason. No other preseason legislation (acclimatization period, number of practices, day off requirements, hourly limits) is modified by the approved model.

Question No. 2: Is the model's initial date for required summer athletic activities (summer access) tied to the institution's first preseason practice date?

Answer: Yes. Summer athletic activities may begin 25 calendar days prior to the institution's first permissible preseason practice date. Preseason practice may begin 29 days before the institution's first scheduled intercollegiate game [Bylaw 17.10.2.1].

Question No. 3: Does the start date for either segment of summer access or preseason practice change if the team's first scheduled contest is canceled or postponed due to COVID-19?

Answer: An institution may use the original date of its first scheduled contest for the 2020 season to determine the start date for preseason practice. And, if an institution's first scheduled contest is now earlier than the original date of its first scheduled contest (e.g., a "Week Zero" contest not previously scheduled, an approved waiver of the first contest legislation, etc.), the institution is permitted to use the earlier of the two dates to determine the start date for preseason practice. In both scenarios, the start date for preseason practice is used to determine the start date for summer access.

This approach does not affect the application of the preseason practice legislation, including the football exception in Bylaw 17.1.7.3.5.1. For example, daily and weekly hour limitations on countable athletically related activities apply beginning with the earlier of the institution's first day of classes or seven days before the first scheduled contest date used to determine the start date for preseason practice. A cancellation or postponement that occurs before the institution starts the first summer access segment affects the permissible start date for preseason practice. As a result, the start dates for the summer access segments are also affected. If a cancellation or postponement of the team's first scheduled contest occurs after the institution starts the first summer access segment, please consult with the NCAA academic and membership affairs staff.
**Example.**

<table>
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<th>Updated Q&amp;A Response</th>
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<td>Preseason Practice – Acclimatization Period Begins</td>
<td>1st/2nd Summer Access Segment Begins</td>
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<tr>
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<td>July 13/July 24</td>
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<tr>
<td>New Date</td>
<td>September 19</td>
<td>July 27/August 7</td>
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**Question No. 4:** What activities are permissible during the first segment of summer access (25 calendar days to 14 calendar days before the institution's first permissible preseason practice date)?

**Answer:** A maximum of eight hours of weight training, conditioning and review of practice and game film (not more than two hours per week may be spent on film review) per week [Bylaw 17.1.7.2.1.5.2]. Institutions are encouraged to consider the input developed by the NCAA Committee on Competitive Safeguards and Medical Aspects of Sports Prevention and Performance Subcommittee when transitioning from voluntary athletically related activities to the first segment of summer access (see Question No. 22 below).

**Question No. 5:** What activities may occur during conditioning sessions that occur as part of summer access?

**Answer:** Conditioning drills, including drills that simulate game activities (e.g., a sprint that starts from a three-point stance) are permissible. However, conditioning drills may not incorporate alignments, formations or sport-specific equipment. Further, it is not permissible to replace equipment that is specific to one sport or nonathletic equipment in conditioning drills if the activity involves the simulation of game activities (e.g., using a tennis ball or rolled-up towel to conduct receiving drills).

**Question No. 6:** Is skill instruction permissible during either segment of summer access?

**Answer:** No.

**Question No. 7:** Are contact related activities (e.g., blocking drills) permissible during either segment of summer access?

**Answer:** No.
**Question No. 8:** In addition to eight hours of weight training, conditioning and film review, may student-athletes engage in voluntary athletically related activities during the first segment of summer access?

**Answer:** Yes.

**Question No. 9:** May strength and conditioning coaches design and conduct in-person, specific workout programs for student-athletes during the first segment of summer access?

**Answer:** Yes. In bowl subdivision football, strength and conditioning coaches who are not countable coaches in the student-athlete's sport may design and conduct in-person specific workout programs for student-athletes, provided such workouts are voluntary and conducted at the request of the student-athlete [Bylaw 17.1.7.2.2]. In championship subdivision football, countable coaches who are certified strength and conditioning coaches may also design and conduct specific workout programs for a student-athlete, provided such workouts are voluntary and conducted at the request of the student-athlete. [Bylaw 17.1.7.2.2.1]. For FBS and FCS programs, these activities are limited to eight hours per week [Bylaw 17.10.6.1.1-(e)].

**Question No. 10:** Are institutions required to provide student-athletes with a discretionary week during either segment of summer access?

**Answer:** No.

**Question No. 11:** Is an institution that starts its initial segment of summer access fewer than 25 calendar days prior to the institution's first permissible preseason practice date required to conduct 11 calendar days of first segment summer access activities before moving to the second segment of summer access 14 days before the first permissible preseason practice date?

**Answer:** No. Institutions are encouraged to consider the input developed by the CSMAS Prevention and Performance Subcommittee as it begins the second segment of summer access (see Question No. 22 below).

**Question No. 12:** What activities are permissible during the second segment of summer access?

**Answer:** Twenty hours of countable athletically related activities are permitted per week, as follows:

- Not more than four hours per day of any countable athletically related activities;
- Not more than eight hours per week of weight training and conditioning;
- Not more than six hours per week of walk-throughs, which may include the use of a football; and
• Not more than six hours per week of meetings, which may include film review, team meetings, position meetings, 1-on-1 meetings, etc.

Also, student-athletes must receive at least two days off during this segment of summer access.

**Question No. 13:** What activities are permitted during a walk-through?

**Answer:** During a walk-through, it is permissible for student-athletes to simulate positioning and offensive and defensive alignments. Conditioning activities and contact activities are not permitted. Further, it is not permissible for student-athletes to wear any protective equipment (e.g., helmet, shoulder pads) or use any equipment related to the sport other than a football [Bylaw 17.02.20].

**Question No. 14:** May a football be used during a walk-through that occurs during the second segment of summer access?

**Answer:** Yes; however, the use of a football may not change the speed of a walk-through. For example, conditioning, sprinting and competitive speed drills are not permissible during a walk-through.

**Question No. 15:** May meetings incorporate walk-through activities?

**Answer:** No. If a meeting includes walk-through activities (e.g., a meeting on the field with formations or alignments), it must count toward the six-hour limit on walk-throughs.

**Question No. 16:** Are only team meetings permitted during the second segment of summer access?

**Answer:** No. Meetings with fewer student-athletes (e.g., position meetings, one-on-one meetings) are also permissible.

**Question No. 17:** How is the weekly countable athletically related activities (CARA) limit affected if an institution begins a week in the initial segment of summer access and transitions to the second segment of summer access during the same week?

**Answer:** The hourly limit resets upon the start of the second segment of summer access. For example, if an institution’s first scheduled contest is Saturday, September 5, the institution may conduct eight hours of weight training, conditioning and film review July 19-23 and then conduct up to four hours per day of second segment activities July 24-25 (a total of 16 hours of activities for that seven-day period).

**Question No. 18:** May student-athletes engage in voluntary athletically related activities during the second segment of summer access?
Answer: Yes.

Question No. 19: Are institutions required to provide student-athletes with any days off during the 14-day period prior to the start of preseason practice?

Answer: Yes. Institutions must provide student-athletes with at least two days off during the 14-day period prior to the start of preseason practice.

Question No. 20: May the two days off occur during the same week?

Answer: Yes. Within the 14-day period, the institution has discretion to determine when to provide student-athletes the two required days off.

Question No. 21: How do the calendar segments identified in the Division I Football 2020 Summer Athletic Activity and Preseason Practice Model relate to the Core Principles of Resocialization in College Sport?

Answer: The recommended Division I football model was developed independently from the guidance on resocialization that was provided in the Core Principles. The recommended Division I football model is only intended to identify and describe what football activities are permissible within each calendar time frame. In contrast, the purpose of the Core Principles is to provide broad guidance to the membership regarding COVID-19 and related campus resocialization strategies. Decisions about if and how to implement the Core Principles are to be made at the individual school level, with the approval of institutional leadership, and in concert with applicable guidance from local and state public officials with regard to return to campus, return to practice and return to competition. Those schools that elect to implement some or all of the Core Principles may find it helpful to overlay the applicable phases with the calendar in the recommended Division I football model; but the two were not designed or required to be evaluated together.

Question No. 22: Are there any COVID-specific health and safety factors that should be considered as institutions begin to plan to implement these concepts?

Answer: The Football Oversight Committee has, through the NCAA Internal Playing and Practice Season Working Group, solicited significant input from the CSMAS Prevention and Performance Subcommittee relating to potential student-athlete health and safety issues that may impact or be impacted by these concepts. In response to these requests, the CSMAS Prevention and Performance Subcommittee has identified various potential physiological and mental health considerations that may impact student-athletes as they return to campus and reminds institutions that appropriate health screening, transition period and acclimatization activities will be critical components of any summer and/or preseason plan as they continue to evaluate safe return to play. Specifically, the CSMAS Prevention and Performance Subcommittee encourages schools to consult the transition and acclimatization content included in the NCAA's Interassociation Recommendations: Preventing Catastrophic Injury and Death in Collegiate Athletes, which speaks to the vulnerability of student-athletes during the first week of activity of a transition period.
in training and the importance of establishing a 7-10 day initial transition period during which student-athletes are afforded the time to properly progress through the physiologic and environmental stresses placed upon them as they return to required activities. A summary of the CSMAS Prevention and Performance Subcommittee's full feedback on this topic is provided in Attachment A.

NCAA Division I Council June 17 Action Related to Virtual Nonphysical Countable Athletically Related Activity in Sports Other Than Basketball and Football.

Question No. 1: In sports other than basketball and football, may an institution's coach require student-athletes to participate in eight hours of virtual nonphysical countable athletically related activities (e.g., film review, chalk talk, team meetings) per week?

Answer: Yes. The NCAA Division I Council action extended the current action to allow institutions to require student-athletes in sports other than basketball and football to participate in a maximum of eight hours of virtual nonphysical countable athletically related activity per week. This action is effective June 17, 2020, through July 31, 2020. (See Question No. 1 from the April 15 Council Coordination Committee action).

Question No. 2: From June 17 through July 31, are institutions required to provide student-athletes a day off?

Answer: Yes. The NCAA Division I Council action requires institutions to provide student-athletes with at least one day off per week. (See Question No. 2 from the April 15 Council Coordination Committee action).

Outside Competition.

Question No. 1: From April 20 through May 31, may student-athletes participate in outside competition as a member of an outside team?

Answer: No. In all sports, from April 20 through at least May 31, student-athletes are not permitted to participate in outside competition because all sports are considered out of season. This analysis applies regardless of the institution's academic calendar. As a reminder, except during the period from one week before the start of the institution's final examination period through the conclusion of the institution's academic term, institutions may require up to eight hours per week of virtual nonphysical countable activities (e.g., film review, chalk talk, team meetings) and are required to provide each student-athlete at least one day off per week.

Question No. 2: From April 20 through May 31, may student-athletes participate in outside competition as an individual?
Answer: Yes. A student-athlete may participate in outside competition as an individual in the student-athlete's sport, provided the student-athlete represents only himself or herself in the competition.

Question No. 3: Beginning June 1, in sports other than football and basketball may a student-athlete participate in outside competition as a member of an outside team?

Answer: Yes. While NCAA rules permit outside competition, institutions should be cognizant of applicable governmental and public health guidance and/or directives that are issued as well as institutional and conference rules related to COVID-19.

Question No. 4: Beginning June 15, in basketball may a student-athlete participate in outside competition as a member of an outside team?

Answer: Yes. Based on existing legislation, it is permissible for men's and women's basketball student-athletes to participate in an NCAA-certified summer league beginning June 15 through August 31, or the institution's first day of classes, whichever is earlier. The Enforcement Certification and Approvals Group has processed league applications consistent with previous years and a list of NCAA-certified leagues can be found at www.ncaa.org/basketballcertification. It is the discretion of league operators to determine if league cancellation is appropriate under current circumstances. Further, the student-athlete must have received written permission from his or her athletics director, or their designee, prior to league participation and permission is granted or withheld at the institution's discretion. While NCAA rules permit outside competition, institutions should be cognizant of applicable governmental and public health guidance and/or directives that are issued as well as institutional and conference rules related to COVID-19.

NCAA Division I Council June 25 Action Related to First Practice Based on the Date of First Permissible Contest in Fall Sports Other Than Football.

The NCAA Division I Council approved a waiver request to allow the start date for preseason practice to be calculated from the date when the first permissible contest may occur rather than the date of the first scheduled contest. This waiver provides flexibility and certainty despite the possibility of schedules being modified due to the COVID-19 pandemic.

Question No. 1: In fall sports other than football, may an institution count preseason practice units from the first scheduled alumni match, exhibition competition or contest?

Answer: No, an institution must count preseason practice units from the sport's first permissible date of competition or contest (see Figure 17-2).

Question No. 2: In the sport of women's volleyball, may an institution begin counting from the first permissible date of competition on August 28, 2020?

Answer: Yes.
NCAA Division I Bylaw 20 – Division Membership

Sports Sponsorship – Scheduling Requirements.

**Question:** Are institutions subject to the Division I sports sponsorship requirements, the three-season requirements and scheduling requirements for the 2019-20 academic year?

**Answer:** No. As a result of COVID-19 and its impact on institutional sport seasons, the Division I Council Coordination Committee has approved a blanket waiver of the minimum sports sponsorship requirements, three-season requirements and scheduling requirements for the 2019-20 academic year.

Sports Sponsorship – NCAA Sports Sponsorship and Demographic Form.

**Question:** Are Division I institutions required to submit the annual NCAA Sports Sponsorship and Demographic Form in 2020?

**Answer:** Yes. The NCAA Division I Council Coordination Committee waived the deadline for submission of this information to provide institutions with flexibility to focus on addressing issues related to the impact of COVID-19. Because the data submitted is broadly used to inform operational processes, policy and decision-making on important initiatives, institutions are encouraged to submit the data at their earliest convenience. Institutions that are unable to submit the data by July 31 should contact Maria DeJulio (mdejulio@ncaa.org) or Erin Irick (eirick@ncaa.org) of the NCAA national office staff to identify a feasible timeline for submission.

Reclassification/Multidivisional Membership Requirements.

**Question:** Will deadlines be extended for the submission of the following: strategic plans and annual reports due June 1 for institutions in the reclassifying process; application and strategic plans due June 1 for institutions planning to apply for reclassification from Division II to Division I; and compliance reviews due July 31 for multidivisional institutions?

**Answer:** Yes. The committee has approved a blanket waiver of submission deadlines for reclassifying and multidivisional members. The waiver provides the NCAA staff flexibility to work with impacted institutions to establish reasonable time frames for submission of required information.

National Letter of Intent


All Division I and II sports will be in a signing period from April 15-August 1, 2020, including Division I basketball and football.
Please refer to the following questions and answers regarding the National Letter of Intent signing period starting April 15, 2020. (Updated on April 8, 2020)

**Question No. 1:** With NLI signing resuming on April 15, 2020, can the NLIs be sent to prospective student-athletes before April 15, 2020?

**Answer:** No, NLIs cannot be sent (electronic or mail) until April 15, 2020. Compliance offices can start populating NLIs in the NLI portal before April 15, but these cannot be sent until April 15. If you populate the NLI in advance, make sure the issuance date on the NLI is no earlier than the first date the NLIs have resumed (April 15). To do this you will need to select the appropriate issuance date which will then be recorded on the NLI.

**Question No. 2:** What time on April 15 can the NLI be sent to a prospective student-athlete?

**Answer:** There is not a designated time when the NLI can be sent to a prospective student-athlete; however, the NLI cannot be sent prior to April 15.

**Question No. 3:** What time on April 15 can the prospective student-athlete and parent/legal guardian sign the NLI?

**Answer:** The prospective student-athlete and parent/legal guardian cannot sign the NLI until 7 a.m. (prospective student-athlete's local time) on April 15. This time is consistent with the time of signing on the initial NLI signing date.

**Question No. 4:** Since athletics aid agreements must accompany the NLI, does the financial aid authority's signature date on the athletics aid agreement have to be the same date as the NLI issuance date?

**Answer:** No, the NLI issuance date and the financial aid authority's signature date does not have to be the same date. If you are preparing NLIs in advance to send to a prospective student-athlete on April 15, the financial aid authority's signature date may be before the date listed on the NLI as the issuance date.

**Question No. 5:** Can the director of athletics or designee's signature on the NLI and the financial aid authority's signature on the athletics aid agreement be an electronic signature?

**Answer:** Yes, these signatures can be electronic or digital signatures. The institutional signatures do not have to include an authentication code. It is permissible to place a signature stamp on the NLI or aid agreement such as what you see when pasting a signature on a letter or form. Additionally, as many compliance offices are using electronic means to send the NLIs and aid agreements, digital or electronic signatures are permissible for the prospective student-athlete and parent/legal guardian signatures provided the signature includes the authentication code.
Question No. 6: What is permissible if using a signature platform such as Adobe pdf to type a signature?

Answer: Some platforms allow the prospective student-athlete to select a signature font or type a signature. In these platforms, the signature will include an authenticated code. The signature is permissible provided it can be verified with the authenticated code. If the prospective student-athlete or parent/legal guardian signature does not include such verification, the signature cannot be accepted. Some platforms allow the use of a stylus, mouse or finger to sign. This is a replica signature, so this is permissible without the authenticated code.

Question No. 7: If I do not have an electronic platform for sending and receiving NLIs besides through scanner and email, what are other permissible methods for receiving the NLI from the prospective student-athlete?

Answer: It is permissible for a prospective student-athlete to take a photo of the NLI signature page and the athletics aid agreement signature page. This photo can then be sent by text or email. The compliance administrator can then save that photo as a pdf and upload in the NLI Portal.

Question No. 8: Does the seven-day signing deadline still apply?

Answer: Yes, the prospective student-athlete will have seven days from the issuance date to sign the NLI. For example, an NLI issued on April 15, 2020, must be signed by April 22, 2020. If the seven-day signing deadline expires, another NLI can be issued to the prospective student-athlete.

Question No. 9: Does the 14-day conference submission deadline still apply?

Answer: Yes, the signing institution must upload the NLI with the athletics aid agreement within 14 days of the final signature. For example, an NLI signed on April 15, 2020, must be uploaded by April 29, 2020.

Question No. 10: Is the NLI signing year extended since there was a time period when NLIs could not be signed and the recruiting dead period has been extended?

Answer: Yes, only for Division I basketball and football since these sports had regular signing periods that previously ended on April 1 (football) and May 20 (basketball). These sports will be aligned with all other Division I and II sports with the signing year ending on August 1, 2020.

Question No. 11: If a prospective student-athlete signs an athletics aid agreement without the NLI, can a prospective student-athlete later sign an NLI?

Answer: Yes, if a prospective student-athlete signs the athletics aid agreement without an NLI, the prospective student-athlete can later sign an NLI. The institution would attach the previously signed aid agreement to the NLI, and another aid agreement would not be signed. In this case, the prospective student-athlete's signature date on the aid agreement would precede the prospective student-athlete's signature date on the NLI.
## NCAA Division I Football 2020 Summer Athletic Activity and Preseason Practice Model

### June 2020

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### July 2020

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### September 2020

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### Voluntary and Virtual Activities
- From June 1 until 25 calendar days before the school's first permissible preseason practice date, only voluntary and virtual nonphysical activities (up to eight hours per week) are permissible.

### Summer Access
- Required summer athletic activities (summer access) may begin 25 calendar days prior to the first permissible preseason practice date.
- Student-athletes may engage in eight hours of weight training, conditioning and film review (not more than two hours) per week.
- Schools whose football student-athletes are unable to return to campus to participate in summer access may continue to require participation in up to eight hours per week of virtual nonphysical activities until the student-athletes return to campus to begin participating in required summer athletic activities.

### Summer Access with Walk-Throughs and Meetings
- Required summer access with walk-throughs and meetings may begin 14 calendar days before the school's first permissible preseason practice date.
- 20 hours of countable athletically related activities (CARA) per week (not more than four hours per day), as follows:
  - Not more than eight hours per week for weight training and conditioning.
  - Not more than six hours per week for walk-throughs, which may include the use of a football.
  - Not more than six hours per week for meetings, which may include film review, team meetings, position meetings, 1-on-1 meetings, etc.
- Two days off are required during this period.

### Preseason
- No changes to current Football Bowl Subdivision (FBS) and NCAA Football Championship Subdivision (FCS) playing and practice season rules. For example:
  - The preseason practice period begins on the current legislated date (29 days before the first contest) and the acclimatization period (black boxes, above) and number of practices would remain the same.
  - Daily (four hours) and weekly (20 hours) CARA limits begin with the institution's first day of classes or seven days before the institution's first scheduled contest, whichever is earlier.

### Regular Season
- No changes to current Football Bowl Subdivision (FBS) and NCAA Football Championship Subdivision (FCS) playing and practice season rules [e.g., legislated daily (four hours) and weekly (20 hours) CARA limits apply].
Additional Information.

- This model is intended to be interpreted and applied in concert with applicable guidance from local and state public officials, and institutional and conference leadership, with regard to return to campus, return to practice, and return to competition.

- Institutions are encouraged to work with applicable institutional medical, legal and risk management personnel to review the additional information provided in the included Question and Answer document, and all other applicable risk information and guidance, to determine how best to address individual student-athlete and corresponding institutional needs while considering how to implement the Recommended Division I Football 2020 Summer Athletic Activity and Preseason Practice Model.
The primacy of student-athlete health and safety in any decisions related to the return of student-athletes to campuses and a return to conducting athletically related activities is paramount. Access to institutional facilities should be provided in compliance with applicable state and local regulations regarding the use of such facilities, group size restrictions and any other articulated limitations. Each institution should use its discretion to make the best decisions for its student-athletes within the applicable restrictions.

### NCAA Division I Basketball 2020 Summer Access Model

#### Voluntary and Virtual Nonphysical Activities
- From June 1 through July 19, only voluntary activities and up to eight hours per week of virtual nonphysical activities are permissible.

#### Summer Access
- Required summer athletic activities (summer access) may begin July 20 for up to eight weeks until the institution’s first day of classes or September 15, whichever is earlier. *Model is based on classes beginning August 27.*
- Up to eight hours per week for weight-training, conditioning and skill instruction, with not more than four hours of skill-related instruction per week.
- Required virtual nonphysical activities are permissible for student-athletes.
- Required in-person and virtual activities may not exceed a combined eight hours per week.

#### Out-of-Season
- Beginning on the institution’s first day of classes or September 15, whichever is earlier, up to eight hours per week for weight-training, conditioning and not more than four hours of skill-related instruction per week. Two days off per week.

#### Preseason Practice
- No changes to the start of on-court practice (e.g., 42 days before the date of the institution’s first regular season contest).
- Limit of 30 days of countable activities (e.g., conditioning, skill-related instruction) within those 42 days.

**Note:** Calendar is based on November 10, 2020, as the institution’s first contest date.
The NCAA Division I Council approved a waiver to allow the start date for preseason practice to be calculated from the date when the first permissible contest may occur rather than the actual date of an institution’s first scheduled contest.

Therefore, an institution’s first practice date is based on its first date of classes and the first permissible contest date (rather than its first scheduled contest). For example, in cross country, the first permissible contest date is September 1. If an institution begins classes on August 24 its first practice date is August 15 regardless if the institution’s first contest is September 1 or sometime later.

*Calendar is based on August 24 as first date of classes. First permissible practice will vary depending on an institution’s actual first date of classes.*
Field Hockey (First Permissible Contest)  

The NCAA Division I Council approved a waiver to allow the start date for preseason practice to be calculated from the date when the first permissible contest may occur rather than the actual date of an institution’s first scheduled contest.

Therefore, an institution’s first practice date is based on its first date of classes and the first permissible contest date (rather than its first scheduled contest). For example, in field hockey, the first permissible contest date is August 28. If an institution begins classes on August 24 its first practice date is August 12 regardless if the institution’s first contest is August 28 or sometime later.

---

**Key**

<table>
<thead>
<tr>
<th>Legislated First Permissible Practice (Aug 12)*</th>
<th>First Day of Classes (Aug 24)</th>
<th>Legislated First Permissible Contest (Aug 28)</th>
</tr>
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<tbody>
<tr>
<td>Championship Selections (Nov 8)</td>
<td>Start of NCAA Championships (Nov 11)</td>
<td>End of NCAA Championships (Nov 22)</td>
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</table>

*Calendar is based on August 24 as first date of classes. First permissible practice will vary depending on an institution’s actual first date of classes.
The NCAA Division I Council approved a waiver to allow the start date for preseason practice to be calculated from the date when the first permissible contest may occur rather than the actual date of an institution’s first scheduled contest.

Therefore, an institution’s first practice date is based on its first date of classes and the first permissible contest date (rather than its first scheduled contest). For example, in men’s soccer, the first permissible contest date is August 27. If an institution begins classes on August 24 its first practice date is August 11 regardless if the institution's first contest is August 27 or sometime later.

*Calendar is based on August 24 as first date of classes. First permissible practice will vary depending on an institution’s actual first date of classes.*
The NCAA Division I Council approved a waiver to allow the start date for preseason practice to be calculated from the date when the first permissible contest may occur rather than the actual date of an institution’s first scheduled contest.

Therefore, an institution’s first practice date is based on its first date of classes and the first permissible contest date (rather than its first scheduled contest). For example, in men’s water polo, the first permissible contest date is September 5. If an institution begins classes on August 24 its first practice date is August 18 regardless if the institution’s first contest is September 5 or sometime later.

*Calendar is based on August 24 as first date of classes. First permissible practice will vary depending on an institution’s actual first date of classes.
The NCAA Division I Council approved a waiver to allow the start date for preseason practice to be calculated from the date when the first permissible contest may occur rather than the actual date of an institution’s first scheduled contest.

Therefore, an institution’s first practice date is based on its first date of classes and the first permissible contest date (rather than its first scheduled contest). For example, in women’s soccer, the first permissible contest date is August 20. If an institution begins classes on August 24 its first practice date is August 4 regardless if the institution’s first contest is August 20 or sometime later.

*Calendar is based on August 24 as first date of classes. First permissible practice will vary depending on an institution’s actual first date of classes.
The NCAA Division I Council approved a waiver to allow the start date for preseason practice to be calculated from the date when the first permissible contest may occur rather than the actual date of an institution’s first scheduled contest.

Therefore, an institution’s first practice date is based on its first date of classes and the first permissible contest date (rather than its first scheduled contest). For example, in women’s volleyball, the first permissible contest date is August 28. If an institution begins classes on August 24 its first practice date is August 7 regardless if the institution’s first contest is August 28 or sometime later.

*Calendar is based on August 24 as first date of classes. First permissible practice will vary depending on an institution’s actual first date of classes.*
# Areas of Inquiry / Requests for Input

**A.** Can other student-athlete safety and well-being considerations be adequately addressed via existing legislation and policy requirements or are there COVID-specific factors (e.g., cancellation of spring practice) that may warrant changes:

1. To existing preseason transition requirements (e.g., preseason practice structure/timelines)?
2. To existing acclimatization period requirements?
3. To other required health and safety practices for returning student-athletes (e.g., freshmen/transfers)?

**B.** When taking into consideration potential COVID-19-specific impacts (e.g., delayed return to campus) is it possible that the safety and well-being of football student-athletes could be adequately addressed:

1. Via transition period requirements (e.g., preseason practice structure/timelines) that are more flexible than those that are currently permitted?
2. Via a football acclimatization period that is more flexible than that which is currently required?

**C.** Please describe any specific data or industry best practices that may be applicable to your responses above.

**D.** If implementation of one or more of the changes discussed above would require interim or permanent legislative or policy waiver or change, would you support that?

## Issue Description/Assumptions

Some higher resourced schools believe a more flexible approach to preseason practice structures and timelines is warranted because of practice time lost during the spring season. Other schools are concerned that delayed campus reopening may result in a truncated amount of time between the start of team activities and the first competition, especially where schools have elected to follow the resocialization principles and implement a phased return to athletics activities. In light of these concerns, the Division I Football Oversight Committee is soliciting input specific to potential health and safety factors that should be considered as part of the broader conversation around potential preseason schedule and workout adjustments. When possible, the feedback provided below is framed to address the needs of all returning fall sports.
Summary of Subcommittee Feedback

The subcommittee agreed that there are numerous COVID-specific factors that will necessitate careful consideration by institutional leadership, athletics and medical staff before and as part of student-athlete return to campus. These considerations will undoubtedly warrant changes to the traditional schedules of activities. Each student-athlete is physically and mentally unique and schools should assume that each has encountered distinct COVID-specific challenges since leaving campus. This means each student-athlete will adjust to re-entry differently. Because of COVID-related factors, planning for pre-workout screening, transition and acclimatization period activities will require increased and intentional focus. In most instances, school staff will be evaluating mental, physical and performance readiness for all student-athletes as they typically would for students who are new to the program (e.g., incoming freshman and transfers).

COVID Impact on Physical Condition of Student-Athletes

While traditional spring and summer activities may vary by division and school, the majority of student-athletes would typically be involved in a consistent cadence and mix of voluntary workouts, required workouts and team practices from the start of spring season until the start of preseason in the fall. These traditional routines create the opportunity for frequent and consistent touchpoints between staff and student-athletes, which allow staff to understand the status of a student-athlete’s mental and physical condition throughout the spring and summer, and to predict with some certainty any challenges to transition periods ahead of fall sport activities. A shortened or cancelled spring season and any loss of access to on-campus VARA activities that typically follow spring season before the summer period would contribute to increased variability in the physical condition of student-athletes as they entered the summer months.

Subsequently, where COVID interrupts and/or disrupts traditional campus and home schedules and routines during the summer months, student-athletes can be expected to experience vast differences in their ability to access proper nutrition, sleep, work out structures and facilities. These factors will only further expand the variability in physical condition from athlete to athlete and the speed with which they are able to safely resume physical workouts when they return in the summer and fall. For reference, examples of traditional spring/summer activities, and the potential COVID-related shift in those activities, are reflected in Attachment 1.
COVID Impact on Mental Health of Student-Athletes
Many mental health experts refer to COVID-19 as a “disaster of uncertainty” in that it creates a unique combination of sustained ambiguity and uncertainty that can result in lasting psychological trauma and burnout for those living through it. While students may eventually return to some normalcy on campus and attempt to recover from the first wave of COVID impact, they will simultaneously be dealing with many continuing future unknowns. In a recent NCAA Survey of more than 37,000 student-athletes, many reported experiencing high rates of mental distress since the discontinuation of formal college athletics activities, with over a third describing sleep difficulties, a quarter reporting feeling sadness and a sense of loss, and 1 in 10 reporting feeling so depressed it has been difficult to function “constantly” or “most every day.” In most instances, the rates of reported mental health concerns were 150% to 250% higher than that historically reported by NCAA student-athletes in the American College Health Association’s National College Health Assessment. In particular, mental health concerns were highest among student-athletes of color, those whose families are facing economic hardship, and those living alone. Not all of these challenges will be fully addressed via the return to campus. Accordingly, it will be critical for medical personnel to focus as much on the student-athletes’ psychological readiness to return as they do their physical state and for all athletics personnel to closely monitor and support the mental well-being of student-athletes, not just as they return but throughout the summer and subsequent preseason and fall season.

Anticipated Changes to Medical Clearance Process
In addition to considering the incorporation of mental health readiness as part of the mandatory medical clearance process, staff should also consider other expanded screening practices designed to account for certain COVID-specific health impacts. For example, data is showing that previously undiagnosed and silent cardiac symptoms can be “unmasked” by COVID infection and, in some, the virus can create oxygen challenges or heart muscle inflammation that can lead to heart rhythm disturbances, cardiac muscle damage and compromised ability of the heart to pump blood optimally. These are issues beyond the expected pulmonary and respiratory challenges associated with the virus and they can manifest in individuals who are otherwise asymptomatic and previously healthy. In addition to these COVID-related medical complexities which may require additional screening steps, basic COVID-specific distancing and sanitation recommendations will require more space for exam activities and more time between visits. The culmination of all these changes will undoubtedly translate into longer and more complex medical clearance periods, especially for those institutions that have historically managed these activities entirely on campus. While there is great flexibility in how
Schools design the return to play clearance process, and at least some of the screening activities can occur prior to return to campus, the subcommittee agreed that it is imperative that a thorough medical screening and clearance protocol be completed before preseason physical activities begin, as is currently legislated, and that schools proactively plan and account for these health and safety resource and scheduling adjustments.

**COVID-Specific Transition and Acclimatization Period Considerations**

In addition to the expected changes in the medical clearance process, schools should anticipate that the COVID-related considerations described above will impact traditional transition and acclimatization period considerations. The loss of structured physical workouts in the spring and summer and resulting changes to training loads will, for many student-athletes, impact various aspects of physiology (e.g., cardiovascular conditioning, musculoskeletal, soft tissue). Traditional transition and acclimatization considerations (e.g., cardiovascular conditioning, heat, altitude) are still very relevant and, when coupled with the loss of spring and summer activities and other physical and non-physical COVID-related impacts, they can create complex re-entry challenges for student-athletes. While athletes traditionally experience stress and fatigue on a regular basis, stress-coping ability is unique to each student-athlete and these COVID-specific considerations are not typical. It will be important for staff to carefully assess and evaluate, closely monitor and understand the impact of COVID-specific stressors in order to successfully manage overall physiological and psychological stress loads in order to avoid stress overload, during the transition and acclimatization periods.

**Initial Transition Period Before Other Required Physical Athletically Related Activities**

Data has demonstrated that student-athletes are generally more susceptible to injury during transition period training, and during assessments and evaluations of physical conditioning levels that are conducted during these same periods. Recommendation 3 of the NCAA’s Interassociation Recommendations: Preventing Catastrophic Injury and Death in Collegiate Athletes (Catastrophic Materials) speaks to the vulnerability of student-athletes during the first week of activity of a transition period in training and the importance of establishing a 7-10 day initial transition period during which student-athletes are afforded the time to properly progress through the physiologic and environmental stresses placed upon them as they return to required activities. This initial transition opportunity becomes an increasingly imperative health and safety
consideration when the COVID-specific impacts described above are piled on to the traditional challenges of returning to formal physical activities following an extended break.

Given the significant variability in the physical and mental conditions of student-athletes as they begin to resume physical activities on campus this summer and fall, it will be critical for athletic departments to design proper assessments, evaluations and physiologic progressions that are based in exercise science and are sport and athlete-specific with respect to, among other things, the volume, intensity, mode and duration of conditioning and the incorporation of game-like movements. The subcommittee believes that this initial transition period, starting whenever student-athletes return to required and organized activities, should be 7-10 days in duration and otherwise consistent with the Catastrophic Materials and should be completed before the start of any other required physical activities. The subcommittee contemplated that the training and conditioning sessions conducted during this initial transition period will occur on campus, so that student-athletes can be properly observed, and that they will be intentionally administered and properly calibrated. Finally, if student-athletes participate in a material break from training (e.g., ≥ one week) between the end of required summer physical activities and the start of preseason activities, institutions should again consider and incorporate as necessary the same types of transition period considerations. For reference, examples of four different return to campus schedules, including applicable transition periods, are reflected in Attachment 2.

As part of its discussion and analysis of these issues, the subcommittee mentioned various evidence-based resources that have been published by relevant professional organizations, including but limited to, the National Strength and Conditioning Association, the Collegiate Strength and Conditioning Coaches Association, the National Athletic Trainers’ Association, the College Athletic Trainers Society, and the Kori Stringer Institute, that may be helpful to the membership as it strategizes and navigates the design and implementation of appropriate assessment and evaluation activities and physical conditioning sessions during these COVID-impacted transitions periods.

*Football Acclimatization Period*

Separate from the transition period considerations described above, legislation in all three divisions contemplates a five-day acclimatization period in football that is intended to address the specific environmental and other physiological stressors related to the return to full gear and full team practices and playing environment. This acclimatization period...
should remain at least five days in duration and otherwise adhere to legislative health and safety requirements. It should precede the start of any other preseason full practice (e.g., full speed/full pads) activities and should place particular focus on the impact of heat, altitude and other environmental stressors when combined with the introduction of full playing gear and other game-like factors. Where programs are participating in required summer athletic activities, the 5-day acclimatization period would happen after summer access activities and precede the start of full team preseason practices. Where programs are not participating in required summer athletic activities, the subcommittee believes that the 5-day acclimatization can happen as part of the 7-10 transition period. For reference, examples of three different return to campus schedules, including recommended acclimatization periods, are reflected in Attachment 2.

**Necessary Adjustments to Summer/Fall Calendars and Limitations on Hours**

The subcommittee reviewed various preseason models shared by different athletic conferences, and it discussed the theory that leniency in weekly CARA hour restrictions and/or additional weeks may be needed within a traditional summer or preseason schedule to more fully address the health and safety needs of returning student-athletes.

The subcommittee agreed that the relevant transition period considerations can be properly accommodated within the traditional eight hours of required summer athletic activities; but, it acknowledged the potential value of providing some flexibility in hourly restrictions as teams move closer to full team practices, specifically where the additional hours are not used for full contact activities but are otherwise used to properly address transition and acclimatization considerations.

Because of the variations in state and local guidance and institutional application of the resocialization guidance, and in light of the unique nature of institutional risks, it is anticipated that the timing and details related to student-athlete return to campus will vary greatly from school to school. While some schools might return to campus in the very near future and incorporate many of the traditional voluntary and countable athletically related summer activities before returning for fall preseason, other schools may forego summer activities on campus altogether. Due to these variations and the unique and individualized nature of the institutional return to campus risks and requirements, the subcommittee believes that athletic departments, in consultation with institutional medical personnel and risk management and other school and conference leadership, are in the best position to design and implement appropriate preseason timelines.

**Application to Other Fall Sports and Required Activities**
The subcommittee considered and discussed whether and to what extent the initial transition period considerations would apply to other sports that will resume required activities in the fall (e.g., teams with traditional fall seasons and those participating in required workouts as part of a non-traditional season). The subcommittee agreed that the same risks and considerations would apply and, since other sports do not participate in summer access, the 7-10-day transition period would occur on the front end of preseason before other required team practice activities commence. For reference, see the last of the sample return to campus schedules reflected in Attachment 2. Similarly, scheduling flexibility should also be contemplated for these other sports if and to the extent adjustments to traditional fall schedules are determined to be necessary to address COVID-related health and safety considerations that may apply uniquely to a particular sport.

**Conclusion**
Regardless of variation in return to campus and return to athletics schedules, the subcommittee believes that the completion of appropriate pre-workout screening activities to assess mental and physical well-being and the proper design and incorporation of one or more transition periods, and for football, a final acclimatization period, before the start of fall preseason physical activities is critical to student-athlete health and safety. COVID-19 has undoubtedly increased the complexities, and will continue to impact health and safety considerations, related to return to athletics and preseason activities. Schools should be afforded appropriate flexibility with respect to their efforts to adequately account for and address these new challenges, and more specifically as they relate to the scheduling and completion of necessary medical clearance activities and transition and acclimatization periods. The subcommittee stressed that, above all, student-athlete health and safety must be prioritized over the start of team practice activities and fall scheduling challenges wherever those issues may be in conflict.
Sample Fall Sport Athletic Activities
Spring through Preseason

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<tr>
<th>Spring</th>
<th>Summer</th>
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<tr>
<td><strong>S&amp;C</strong></td>
<td><strong>S&amp;C</strong></td>
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<tr>
<td>• Required strength and conditioning.</td>
<td>• Required strength and conditioning.</td>
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<tr>
<td>• 8 hrs/week.</td>
<td>• 8 hrs/week.</td>
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<tr>
<td><strong>Spring Season</strong></td>
<td><strong>Voluntary</strong></td>
</tr>
<tr>
<td>• Practice.</td>
<td>• Supervised S&amp;C.</td>
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<td>• Competition.</td>
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Sample Division I Football Athletic Activities
Spring through Preseason

<table>
<thead>
<tr>
<th>Spring</th>
<th>Summer</th>
<th>Preseason</th>
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<tbody>
<tr>
<td><strong>S&amp;C</strong></td>
<td><strong>Voluntary</strong></td>
<td><strong>Required</strong></td>
</tr>
<tr>
<td>• Required strength and conditioning.</td>
<td>• Supervised S&amp;C.</td>
<td>• 8 weeks.</td>
</tr>
<tr>
<td>• 8 hrs/week.</td>
<td></td>
<td>• 8 hrs/week.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Conducted S&amp;C, film review.</td>
</tr>
<tr>
<td><strong>Spring Practice</strong></td>
<td><strong>Required</strong></td>
<td><strong>Preseason</strong></td>
</tr>
<tr>
<td>• 34 days.</td>
<td>• 8 weeks.</td>
<td>• Five-day acclimatization.</td>
</tr>
<tr>
<td>• 15 practices.</td>
<td>• 8 hrs/week.</td>
<td>• 29 days.</td>
</tr>
<tr>
<td></td>
<td>• Conducted S&amp;C, film review.</td>
<td>• 25 practices.</td>
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</tbody>
</table>
### Sample Fall Sport Athletic Activities

#### Spring through Preseason

<table>
<thead>
<tr>
<th>S&amp;C</th>
<th>Spring Season</th>
<th>S&amp;C</th>
<th>Voluntary</th>
<th>Preseason</th>
</tr>
</thead>
</table>
| • Required strength and conditioning.  
• 8 hrs/week. | • Practice.  
• Competition. | • Required strength and conditioning.  
• 8 hrs/week. | • Supervised S&C. | • Practice. |

### 2019-20 Division I Football Athletic Activities

#### Spring through Preseason Due to COVID-19

<table>
<thead>
<tr>
<th>Spring</th>
<th>Summer</th>
<th>Voluntary</th>
<th>Required</th>
<th>Preseason</th>
</tr>
</thead>
</table>
| S&C    | Spring Practice | Supervised S&C. | ≤ 8 weeks.  
8 hrs/week.  
Conducted S&C, film review. | • Five-day acclimatization.  
29 days.  
25 practices. |
VARA and Required Summer Athletic Activities Prior to Preseason (Sample Schedule #1)

Traditional Break: If ≥ 1 week, address applicable transition period considerations.

Mandatory Medical Exams (Per Bylaw 17)

June 1-30

VARA (Limited and variable based on local decisions)

July 1-Preseason

7-10 day transition

Required Summer Athletic Activities (≤ 8 hrs/week)

Preseason

Five-Day AP

Practice (Full speed/Full pads)

Break

Transition Period Considerations:
Catastrophic Injury Policy.

Football Acclimatization: Per Bylaw 17, ≥ 5 days. Still critical for gradual introduction to full uniform/gear and heat acclimatization.

Required Summer Athletic Activities Prior to Preseason (Sample Schedule #2)

Traditional Break: If ≥ 2 weeks; address applicable transition period considerations.

Mandatory Medical Exams (Per Bylaw 17)

July 1-Preseason

7-10 day transition

Required Summer Athletic Activities

Preseason

Five-Day AP

Practice (Full speed/Full pads)

Break

Transition Period Considerations:
Catastrophic Injury Policy.

Football Acclimatization: Per Bylaw 17, ≥ 5 days. Still critical for gradual introduction to full uniform/gear and heat acclimatization.