



LSU

STUDENT-ATHLETE HANDBOOK 2019-2020

PURPOSE OF THIS MANUAL: This handbook has been prepared to help ease you into University life, as well as to serve as a resource guide for returning student-athletes. In providing you all the support necessary to succeed at LSU, it is the Department's intention to adhere, both in principle and in fact, to the rules and regulations of the University, the SEC and the NCAA.

Take advantage of the information in the handbook. Use your Contact Directory and the University's resources. If you have any additional questions, the staff of the Department of Athletics is always willing to do their best to help with any academic, athletic, or personal problem.

TABLE OF CONTENTS

PURPOSE OF PLANNER.....1

INTRODUCTION.....4

HISTORY OF LSU.....5
 Alma Mater.....5
 Hey Fighting Tigers.....5

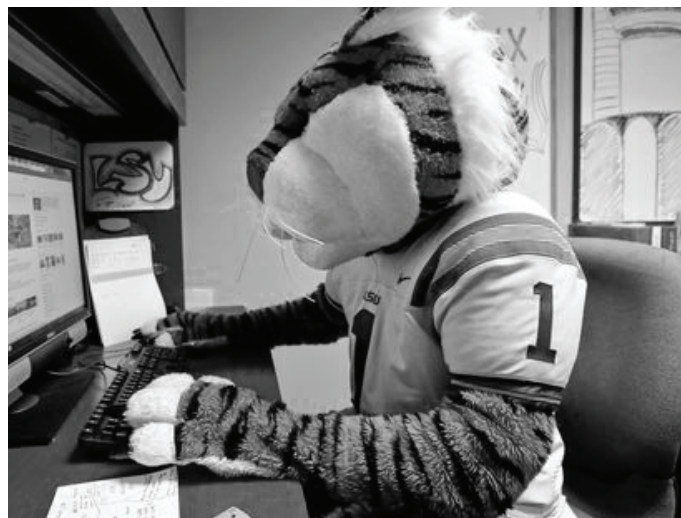
LSU TIGERS?.....5
 Southeastern Conference (SEC).....5
 CCSA.....5

ATHLETIC AWARDS.....6
 Letter Awards.....6
 Championship & Bowl Awards.....6
 TAF Male & Female Athlete of the Year.....6
 Roy F. Kramer SEC Male & Female Athlete of the Year.....6

COMMUNITY SERVICE AWARDS.....6
 Student-Athlete of the Month.....6
 Eye of the Tiger.....6
 Team Community Service Award.....6
 Tiger Cup.....6
 SEC Community Service Team.....6
 Male & Female Volunteer of the Year.....6

ACADEMIC AWARDS.....7
 LSU Athletic Director's Cup for Academic Excellence.....7
 Wally Pontiff, Jr. Academic Excellence Award.....7
 Bengal Belles Academic Achievement Award.....7
 Cox Communications Academic Center for Student-Athletes Honor Roll.....7
 Chi Alpha Sigma - National Student-Athlete Honor Society.....7
 TAF Male & Female Scholar-Athlete of the Year.....7
 SEC Academic Honor Roll.....7
 Highest Male & Female Team GPA.....7

CODE OF CONDUCT.....8
 Good Sportsmanship.....8
 Team Travel.....8
 Dress Code.....8
 Gambling & Bribery.....8
 Internet Misuse.....9
 Social Media.....9
 Media Relations.....9
 Felony or Crimes of Violence.....10
 Campus Police.....10
 Enforcement Procedures.....10
 LSU CARES.....10
 Athletic & Campus Resources.....10



ACADEMICS.....11
 Cox Communications Academic Center for Student-Athletes (CCACSA).....11
 Pre-Admission Counseling.....11
 Orientation.....11
 Printing Policy.....11
 Textbooks.....11
 Academic Planning, Counseling, & Registration.....12
 NCAA Continuing Eligibility Table.....12
 Class Attendance.....12
 Study Hall.....13
 Supervised Study Sessions.....13
 Credit Examinations.....13
 Exams.....13
 Correspondence Study.....13
 Withdrawing from a Course.....13
 Incomplete Grades.....13
 Repeating a Course.....13
 Student Learning Program (SLP).....14
 Educational Assessment Program.....14
 Learning Specialist Program.....14
 Rediscovering Opportunities through Advanced Reading (R.O.A.R.).....14
 Office of Disability Services (ODS).....14
 Tutorial Support.....14
 Expectations of Behavior.....14
 Tutorial Sessions.....14
 Content & Strategy Tutors.....15
 Appointment Cancellations/Reschedules.....15
 Gradesfirst.....15
 Other On-Campus & Online Resources.....15
 Cox Building Hours.....15
 Academic Rules for Student-Athletes.....16
 Plagiarism.....16
 Academic Progress Rate (APR).....16
 Academic Excellence.....16
 Academic Accountability.....17
 Disciplinary Actions.....17
 LSU Academic Code of Conduct.....18
 Shaquille O'Neal Life Skills Program.....19
 Student-Athlete Advisory Committee (SAAC).....19

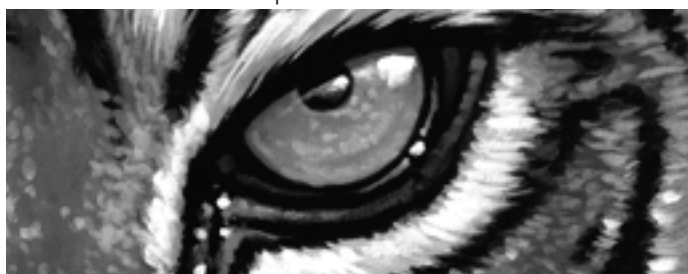


TABLE OF CONTENTS

NCAA RULES AND REGULATIONS.....20

Eligibility Squad Meeting.....	20
Rules Violation.....	20
Voluntary Workouts.....	20
Athletic Eligibility.....	20
Player Practice Restrictions.....	21
Professional Sports Agents.....	21
Outside Competition.....	21
Complimentary Admissions.....	22
Hosting a Recruit.....	22
Recognition Events.....	22
Autographs.....	22
Promotional or Charitable Benefit Appearances.....	23
Student-Athlete Employment.....	23
Outside Consultant/Trainer.....	23
Non-Permissible Benefits.....	23
Gambling.....	23

STUDENT-ATHLETE WELFARE.....24

Athletic Training.....	24
Operations and Use of Training Room Facilities.....	24
Athletic Training Room Rules for Student-Athletes.....	24
Medical Examinations.....	25
Medical Consultation.....	25
Medical Records.....	25
Computer Tracking.....	25
Coverage of Scheduled Practices and Events.....	25
Preventative Care.....	26
Treatment of Illness or Injury.....	26
Insurance.....	26
Rehabilitation.....	26
Eye Care.....	27
Dental Care.....	27
Medication.....	27
Concussion Management Policy.....	28 - 29
Strength & Conditioning Program.....	30
Nutritional Supplements.....	30
Athletic Department Assistance Program (ADAP).....	31
Substance Abuse Policy Purpose.....	31
Drug Testing.....	31
Consent/Waiver Forms.....	31
Education.....	31
Policy for Weights, DEXA Scans and Sharing Information with Staff.....	32
Dual Energy X-Ray Absorptiometry (DEXA) Scans.....	32
LSU Sports Nutrition.....	33
Services.....	33
Fueling Stations.....	33
Substance Abuse.....	34
Alcohol Abuse.....	34
Use of Unauthorized Drugs.....	34
Tobacco Use.....	34
Medication & Supplements Use Declaration...34	
Prescription Drug Positive Tests.....	34
NCAA Positive Tests.....	34
Self - Referral.....	35
First Time Enrollee.....	35

Violations.....	35- 37
Attendance.....	38
Procedures.....	38-39
Mental Health Counseling/Drug Rehabilitation.....	40
Sickle Cell Evaluation.....	40
Pregnancy.....	40
Grievance Process.....	40

FINANCIAL AID.....41

Grant-in-Aid Information.....	41
Non-Scholarship Student-Athletes.....	41
Summer School Aid.....	41
9th Semester Program.....	41
Procedure for Receiving Your Stipend.....	41
SEC H. Boyd McWhorter Scholar-Athlete Postgraduate Scholarship.....	42
SEC Brad Davis Community Service Postgraduate Scholarship.....	42
NCAA Degree Completion Award.....	42
Student-Athlete Opportunity Fund.....	42
NCAA Postgraduate Scholarship Award.....	42
Managerial/Trainer/Cheer-Dance Scholarship Academic Requirements.....	42
Additional Financial Assistance.....	43
Non-Institutional Financial Aid.....	43
Non-Renewal/Reduction of Athletics Aid.....	43

TRANSFER PROCEDURE.....44

GOOD THINGS TO KNOW.....45

International Students.....	45
Housing.....	45
Off-Campus Housing.....	45
Mail Service.....	45
Student I.D.....	45
Vehicle Registration.....	45
On-Campus Bus Service.....	45
Parking.....	45
Student Health Center.....	44
LSU Union Book Store & Libraries.....	45
Food Service.....	46
Cafeteria Regulations.....	46
Changing Your Meal Plan.....	46
Special Meal Arrangements.....	46
Athletic Equipment.....	46

DIRECTORY.....47 - 48

SEXUAL ASSAULT & TITLE IX CONTACTS.....48

CAMPUS MAP.....49



WELCOME TO LSU



Scott Woodward

Dear LSU Student-Athlete,

As I hope you will be one day, I am a proud LSU alumnus. Many years ago, this place transformed my life in ways I could have never imagined. I know that for you, becoming a lifelong member of the LSU family can also forever change your life and it's an honor for me to serve you during your time here on campus.

Our goal at LSU Athletics is to give you the best possible collegiate experience while we support your team and individual mission to achieve at the highest levels on and off the field of play. We are here to serve you and to make LSU the best place in America for all our student-athletes.

By the time you graduate, you will have trained and competed under great coaching, in great facilities, with a wide-ranging support network and alongside and against top-tier athletes from around the world. In that time, you would have utilized the academic services at the Cox Communications Academic Center for Student-Athletes to achieve at your highest possible level in the classroom and in personal development. With numerous life skills programs and services, you will have had the opportunity to develop new skills, talents and experiences that will serve you well for the rest of your life. And hopefully you will have competed for championships with the best fans in America cheering you on all the way.

This campus, the people in Louisiana and the support all over the world that you will receive for the rest of your life are unlike any other in college athletics. Please make sure to take full advantage of all that LSU has to offer you in your journey as a student-athlete. One day, you too will look back on your experience here and know that your life was transformed for the better at LSU.

Geaux Tigers!

Scott Woodward
Director of Athletics

Greetings Esteemed Scholar-Athletes,

Each journey must start with an initial step. The great thing is that you, and only you can determine your destination. Zig Ziglar says it best, "Your attitude, not your aptitude, will determine your altitude."

How you approach your journey will dictate your destination. You have a great opportunity to grow cognitively, personally, professionally, athletically, and academically. Take advantage of all of the opportunities and resources available to you. Essentially, our mission is to provide you with the necessary skills for success during and after college so that you can reach balance and optimal levels within your academic and personal development.

We are proud of you and your accomplishments thus far. Now, let's make the short term goal of graduation, and the long term goal of becoming a trail blazer.

Now, *Enter to Learn, Leave to Serve.*

Geaux Tigers!!!

Kenneth O. Miles
Assistant Vice Chancellor for Academic Affairs
and Executive Director

Kenneth O. Miles



HISTORY OF LSU



The University began in 1860 with only 19 students at Pineville, Louisiana, as the Louisiana State Seminary of Learning and Military Academy. In 1861, classes were suspended because of the Civil War; in 1869 the Seminary was destroyed by fire. The school was then moved to Baton Rouge and renamed Louisiana State University. In 1877, it merged with the Agricultural and Mechanical College. Classes were first held

on the present campus in 1926. LSU is the largest and oldest public university in Louisiana.

Over the years LSU has developed into a major research institution. It holds a position as one of the top institutions in the Carnegie Foundation's ranking of research institutions, placing it in the top 2% of the nation's colleges and universities.

ALMA MATER

Where stately oaks & broad magnolias shade inspiring halls,
There stands our dear Old Alma Mater who to us recalls
Fond memories that waken in our hearts a tender glow,
And make us happy for the love that we have learned to know.

All hail to thee our Alma Mater, molder of mankind,
May greater glory, love unending be forever thine.
Our worth in life will be thy worth we pray to keep it true,
And may thy spirit live in us,
Forever L-S-U.

HEY FIGHTING TIGERS

Hey, Fightin' Tigers, Fight all the way
Play, Fightin' Tigers, win the game today.
You've got the know how, you're doing fine,
Hang on to the ball as you hit the wall
And smash right through the line
You've got to go for a touchdown
Run up the score.
Make Mike the Tiger stand right up and roar.
ROAR!
Give it all of your might as you fight tonight
and keep the goal in view.
Victory for L-S-U

LSU TIGERS?

The Tigers got their name in a decision made by coach A.W. Jeardeau in the fall of 1896. The name "Tigers" seemed like a natural choice at the time since most college teams were taking on the names of intimidating and ferocious animals, but the true story of LSU's athletic title is buried in Civil War history. According to historical Civil War time experts, the name Tigers was birthed from a volunteer company nicknamed the Tiger Rifles, which became organized in New Orleans.

WOMEN'S SPORTS

Basketball
Beach Volleyball
Cross Country
Golf
Gymnastics
Soccer
Softball
Swimming & Diving
Tennis
Track & Field
Volleyball

MEN'S SPORTS

Baseball
Basketball
Cross Country
Football
Golf
Swimming & Diving
Tennis
Track & Field

SOUTHEASTERN CONFERENCE

In 1894, ten universities were organized for competition as members of the Southeastern Intercollegiate Athletics Association. The membership has fluctuated from 30 members in 1920 to the present fourteen:



EAST

University of Georgia
University of Kentucky
University of Missouri
University of South Carolina
University of Tennessee
University of Florida
Vanderbilt University

WEST

Louisiana State University
University of Alabama
Mississippi State University
University of Arkansas
Auburn University
University of Mississippi
Texas A&M University



In 2016, seven universities were organized for competition in the CCSA and expanded to the present 12.

Texas Christian University	College of Charleston
Florida State University	Louisiana State University
University of Southern Mississippi	UNC - Wilmington
Tulane University	University of Alabama - Birmingham
Florida Atlantic University	Florida International University
University of South Carolina	Georgia State University

ATHLETIC AWARDS

All athletic award nominations are made by your head coach, and then approved by the Athletic Director. Please check with your Head Coach before accepting any award that recognizes your athletic accomplishments.

LETTER AWARDS

Each head coach is permitted to recommend letter awards based on, but not limited to, the length of participation in varsity competition. The specific criteria and guidelines for receiving a varsity letter in your sport can be accessed on-line at www.lsusports.net. At the end of each season, the head coach submits a roster of letter award nominees to the Director of Athletics. Additionally, a coach may request granting an award to an athlete in a special situation, such as to an injured player who might not qualify under normal criteria. All student-athletes who have fulfilled the requirements for a Letter Award will receive the following:

First Year	Jacket	Second Year	Blanket	Third Year	Watch	Fourth Year	Plaque
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If you receive the first or second award and have no eligibility left, you have the choice of any of the letter awards listed above. However, if you earn your first award at any other stage of your eligibility, you are awarded a jacket.

Additionally, please note that if you participate in a sport that has more than one competitive season (e.g., golf, tennis, track) only one letter award may be given per sport per year. If you letter in more than one sport, a laminated certificate for the second sport is awarded. In addition to the certificate, a chenille Letter "L" is awarded. The insignia of the sports involved are then added at the base of the "L."

CHAMPIONSHIP AND BOWL AWARDS

If your varsity team wins an NCAA or SEC championship, you are awarded championship rings. Rings are given upon the recommendation of the head coach with the approval of the Director of Athletics. If you are ineligible, on hardship or are redshirted, you are ineligible to receive a championship ring.

Awards for participation in special events (e.g., all-star games, featured individual competition, etc.) may be presented when a team or an individual has represented the Department in such an event. Bylaw 16.1.4.2 in the NCAA Manual is adhered to in regards to award limits.

TAF MALE & FEMALE ATHLETE OF THE YEAR

This award is based on the athletic performance of one male and female from the previous year and is voted on by the TAF Executive Board



ROY F. KRAMER SEC MALE & FEMALE ATHLETE OF THE YEAR

The Southeastern Conference presents an award for the SEC Male and Female Athlete-of-the-Year. The Director of Athletics submits one nomination for each award. The athletic directors from each SEC institution receive a ballot for each award; they are not allowed to vote for their own nominee.

COMMUNITY SERVICE AWARDS

STUDENT-ATHLETE OF THE MONTH

Each month during the school year, five student-athletes are recognized for their academic improvement, dedication and proven ability. In addition, one student-athlete is honored through Life Skills for their volunteerism and commitment to the community.

EYE OF THE TIGER

This award is presented at the TAF Academic Excellence Gala to an LSU student-athlete who has overcome great adversity with perseverance, dedication and determination. The student-athlete will have also utilized the services of the Cox Communications Academic Center for Student-Athletes. The winner will have demonstrated characteristics of integrity, academic fortitude and sportsmanship. Additionally, to be nominated, a student-athlete must be: enrolled in at least their second year at LSU, in good academic standing and on the team for at least one prior competitive season.

TEAM COMMUNITY SERVICE AWARD

This award is given to the team who earns the most community service hours per player on roster during the previous academic year.

TIGER CUP

Each year the Cox Communications Academic Center for Student-Athletes recognizes the team with the highest achievement in the areas of academics, community service and athletics. The Tiger Cup is awarded to the team(s) based upon rankings of their team grade point average, their finish in the Southeastern Conference and the average number of community service hours per team member. This award is presented annually at the TAF Academic Excellence Gala.

SEC COMMUNITY SERVICE TEAM

A Good Works Team for each sport is select each year and is composed of student-athletes from each of the 12 SEC Schools. Student-athletes are selected based upon community service and other volunteer activities.

MALE & FEMALE VOLUNTEER OF THE YEAR

This award is given to one male and one female student-athlete with the most hours of community service during the previous academic year.

ACADEMIC AWARDS

LSU ATHLETIC DIRECTOR'S CUP FOR ACADEMIC EXCELLENCE

This is a plaque that goes to all LSU student-athletes who have a GPA of 3.0 or better for the academic year and who have completed a minimum of 24 hours for that academic year.

WALLY PONTIFF, JR. ACADEMIC EXCELLENCE AWARD

This award is given each year in memory of the former LSU Baseball Player who passed away in July 2002. This award recognizes outstanding academic achievement and is given each year to those undergraduate student-athletes who are in at least their 3rd year at LSU and who have the highest cumulative grade point averages among all student-athletes (minimum 3.9 GPA required).

BENGAL BELLES ACADEMIC ACHIEVEMENT AWARD

This award recognizes the achievement of student-athletes who have risen to the next level of academia. Student-athletes receiving this award have completed their degrees and are pursuing a master's degree while still representing LSU as a student-athlete on their respective fields of competition.

COX COMMUNICATIONS ACADEMIC CENTER FOR STUDENT-ATHLETES HONOR ROLL

This recognizes any student-athlete who has earned at least a 3.0 or higher in a given semester (awarded by the Cox Communications Academic Center for Student-Athletes staff).

CHI ALPHA SIGMA - NATIONAL STUDENT-ATHLETE HONOR SOCIETY

Student-athletes who are at least a junior academically, maintain a 3.4 or higher cumulative GPA, have lettered in their sport, are of good moral character and recommended by their coach are invited into the society.

TAF MALE & FEMALE SCHOLAR-ATHLETE OF THE YEAR

This award is based on the academic performance of one male and female from the previous year and is voted on by the TAF Executive Board

SEC ACADEMIC HONOR ROLL

The Southeastern Conference recognizes the academic achievement of student-athletes with the Academic Honor Roll. Four honor rolls are named: Fall Honor Roll, Winter Honor Roll, Spring Honor Roll and Freshman Honor Roll. In order to qualify for SEC Academic Honor Roll, you must:

1. Have at least a 3.0 GPA (either cumulative or during the immediate past two semesters);
2. Be at least a sophomore in academic standing;
3. Have at least 24 hours countable toward a degree; and
4. Be on scholarship or a letter winner.



HIGHEST MALE & FEMALE TEAM GPA

This award is given to one Male Team and one Female Team with the highest team GPA for the previous academic year.



CODE OF CONDUCT

GOOD SPORTSMANSHIP

The Department of Athletics expects sportsmanlike conduct of its student-athletes and will not tolerate any of the following behaviors:

- Physically abusing an official, coach, athlete, opponent, or spectator;
- Throwing objects at an individual, spectator, or across a field or arena;
- Seizing equipment or cameras from officials or the news media;
- Inciting players or spectators to violent action or any behavior that insults or defiles an opponent's traditions;
- Encouraging LSU fans to boo an opposing team when introductions are made;
- Using obscene or inappropriate language or gestures to officials, opponents, team members or spectators;
- Making public statements which are negative, controversial or not in compliance with the Department's policy on media relations; or
- Violating generally recognized intercollegiate athletics standards or the values and standards associated with LSU, as determined by your head coach and approved by the Director of Athletics.

DRESS CODE

Your head coach will let you know if he/she requires a specific dress code. However, you should always exercise good judgment concerning the appropriateness of your attire, taking into consideration the location or function you are attending.

GAMBLING AND BRIBERY

On some campuses in the past, student-athletes have become involved with organized gambling operations. The results of this involvement have been both severe and tragic, not only for the individual, but for the entire University athletics program.

You should keep in mind that your participation in gambling interests, even in the most minor fashion, might jeopardize your athletics career. Be aware that placing bets in any amount with Parlay Card Operators (even if they are fellow students) is strictly prohibited. This means on or off campus.

Because of the extreme importance of this problem, you are asked to observe these guidelines:

1. Report to your coach any attempt to secure information concerning situations which might alter the normal performance of your team.
2. Don't accept any "free rides" from strangers, such as meals, presents, etc. You are required by both the Department and NCAA to report any individual who offers gifts, money or favors in exchange for supplying information or for attempting to alter the outcome of any contest.
3. Be aware of the legalities of gambling at an institutional and state level. Understand that the consequences at the University level may be expulsion and that the University will also assist with the enforcement of federal, state and local anti-bribery laws.
4. Don't accept any money from a "fan" for a game "well played."
5. Don't attempt to sell your complimentary admissions to anyone.
6. Don't discuss the condition or attitude of your team with anyone other than your teammates or coaches.

Even though some states have legalized sports wagering, it is important to note that NCAA regulations still prohibit student-athletes from wagering on any sports that are sponsored by the NCAA. Sports wagering includes placing, accepting or soliciting a wager (on a staff member's or student-athlete's own behalf or on the behalf of others) of any type with any individual or organization on any intercollegiate, amateur or professional team or contest. Examples of sports wagering include, but are not limited to, the use of a bookmaker or parlay card; Internet sports wagering; auctions in which bids are placed on teams, individuals or contests; and pools or fantasy leagues in which an entry fee is required and there is an opportunity to win a prize. A wager is any agreement in which an individual or entity agrees to give up an item of value (e.g., cash, shirt, dinner) in exchange for the possibility of gaining another item of value.

Gambling has been defined as: putting something at risk, such as an entry fee, with the opportunity to win something in return. If you are caught gambling on a sport sponsored by the NCAA, you jeopardize your collegiate athletics eligibility. Prospective or enrolled student-athletes found in violation of the provisions of this regulation shall be ineligible for further intercollegiate competition.

TEAM TRAVEL

Specific requirements for dress, individual conduct, curfews, and free time activities are some of the team conduct topics your Head Coach will discuss. When you are traveling as a team, you are representing the University and you are expected to conduct yourself appropriately. Prior to departure, you should reconfirm your absence with your professors. It is then your responsibility to make arrangements to make up missed course work, which results from traveling with your team. At your place of lodging, the following services must be paid for by you: room service, laundry, phone calls, pay television, video rental fees, etc. (Please save us the time and paperwork involved by not charging incidentals to your room). Any damage to the room will also be your responsibility.



CODE OF CONDUCT

INTERNET MISUSE

Please be aware that the Internet is widely accessible. Remember that you represent LSU Athletics at all times. Thus, it is recommended that student-athletes not post information including photographs, text and/or join "groups" that do not promote positive behavior. Remember that the general public, including news reporters, also have access to social media (Facebook, Instagram, Twitter, etc.) While the Athletic Department has not banned the use of these platforms, please exercise caution if you elect to have a social media account.

As a student-athlete you are highly visible and people are generally interested in you. It is highly recommended that you not post any personal information including your address or phone number to any on-line site. Also, use discretion when posting pictures of yourself, your teammates and friends to your website. Do not allow yourself to be photographed in a compromising position. A photo could be "tagged" to you leaving you little control over the content or usage of the photograph.

Inappropriate language, behavior or on-line postings may result in suspension or dismissal from the LSU Athletics program.

MEDIA RELATIONS

The Sports Information office can be found on the 5th floor of the Athletic Administration Building. Each team is assigned a sports information director (SID), who is responsible for media coverage of your team, which includes writing news releases, feature stories and as well as producing your team poster, schedule cards, and media guide. In addition, the Sports Information Department is responsible for compiling all team and individual statistical information as well as maintaining the Twitter and Facebook pages for each sport. The Sports Information office can be reached at 225-578-8226.

You are urged to exercise care when making statements to the media, on your Facebook profile or your Twitter account. If you agree to give an interview, the Sports Information Office encourages you to be early and do not miss your appointment. Emergencies do come up, and you are asked to contact your team's Sports Information Director if you're running late to your interview. You should never agree to a telephone interview unless the arrangements are coordinated through the Sports Information Office. If you receive an interview request, ask that the media representative to make arrangements through the Sports Information Office. You should not receive calls or visits from the media that have not been arranged by the Sports Information Office.

DON'T SAY ANYTHING YOU DON'T WANT TO SEE IN PRINT!

Due to the tremendous interest in our student-athletes and to aid the Sports Information Office with requests for information from the media, you are asked at the beginning of the year to complete a Sports Information Questionnaire. This information is not released to the public without your permission. If there are any questions, contact Associate Athletic Director for Sports Information, Michael Bonnette at 225-578-8226 or ask your coach.

HINTS FOR DEALING WITH THE MEDIA:

1. Organize your thoughts before a scheduled interview, so you are sure about the points you want to communicate.
2. Be sure you understand the reporter's question before answering it. Ask for clarification if the question is not understood.
3. Be wary of an "off the record" situation. It is usually not in your best interest to do interviews in this manner, as it may be left open to interpretation as to what is or is not "off the record."
4. If possible, try not to be evasive or to answer "no comment," as it raises suspicions. It is better to answer, "I am not familiar enough with that issue to give a fair answer."
5. Do not become overly sensitive about a particular question or a particular story. With very few exceptions, reporters who cover our athletics program are fair and are not out to "get somebody."
6. Do not criticize your teammates or your coaches through the media. If you have concerns, share them with your teammates or your coach, not the public.

Please note that the Locker Rooms and the Training Rooms are off-limits to the public. This includes media, friends, and relatives.

PHOTOGRAPHS

A photography session for you and your team members is usually held during the fall semester. The Sports Information Office maintains a file of photographs for media use. All photographs are the property of the Department of Athletics. Please note that NCAA rules do not allow the Department to give photographs to student-athletes.

SOCIAL MEDIA

As a visible member of LSU and its athletics department, you are expected to display responsibility and maturity in your activities on social networking sites (Twitter, Instagram, SnapChat, etc.). Information, pictures and other content posted on these sites are available to the general public (e.g., administrators, classmates, media, employers, professional scouts) and may have implications for your personal safety and image, the image of your teammates and coaches, and the image of LSU, as well as future career and professional opportunities. Any actions which are in violation of LSU's policies for student conduct or that otherwise are deemed inappropriate and/or compromise the image of the student-athlete, LSU athletics or LSU are unacceptable.



CODE OF CONDUCT

FELONY/CRIMES OF VIOLENCE OR OTHER ARRESTS

If you are arrested for any reason (examples include but are not limited to DUI, Shoplifting, Theft, Burglary, Possession or Distribution of Drugs, Assault, Battery, Domestic Disturbance, Disturbing the Peace, Minor in Possession of Alcohol, or Public Intoxication) you are required to report your arrest immediately (within 24 hours) to your Head Coach AND the Sr. Associate AD for Student Services. Failure to comply with this requirement may be grounds for dismissal from the athletics program and revocation of your athletics scholarship.

Scholarship student-athletes are subject to loss of scholarship for any arrests that occur. It is the responsibility of the student-athlete who is charged with DUI, Minor In Possession, misdemeanor arrests, felony arrests or any other legal charges to report immediately to the Head Coach and Sr. Associate Athletic Director for Student Services. The Athletics Director has the authority to impose immediate action if a student-athlete does not inform the Athletics Department of any behavioral law enforcement issue.

Should your misconduct be severe enough to warrant felony charges being brought against you, you will be immediately suspended from participation in intercollegiate athletics. Please note that misdemeanor charges are also serious and may result in suspension. Once the charges have been fully resolved or at such time that there is a material change in circumstances, including but not limited to a reduction of the charged offense(s), decision of the governing public authority to not charge the offense, or plea agreement, based on all then available information, the Director of Athletics may lift or modify, leave in place, extend, or make permanent the suspension, or take other disciplinary action he or she deems appropriate. Further action by the Department and the University, once a legal decision is reached, will be handled on a case-by-case basis. All student-athletes are also subject to the University Student Code of Conduct and associated sanctions

ENFORCEMENT PROCEDURES

As a student-athlete, you are subject to the LSU Code of Student Conduct. A detailed description of the judicial process and the rights of those accused of conduct violations may be found in the "Code of Student Conduct," for Louisiana State University. A copy of the Code and the Committee's procedures may be obtained from the LSU Website.

As outlined in the Code of Conduct, the university has the authority to recommend disciplinary actions and sanctions. One or more of the following sanctions may be imposed whenever a student is found to have violated any of the rules in the "Code of Student Conduct": a warning, probation, restitution, temporary suspension, suspension, expulsion and/or rescission of grades or degree.

The Athletics Director may impose additional sanctions as deemed appropriate.

CAMPUS POLICE

The LSU Police are here to serve you. If you wish to report a crime, car accident or suspicious activity, call 578-3231. The LSU Police Office is located in the Public Safety Building on South Stadium Drive, across from Tiger Stadium.

ATHLETIC & CAMPUS RESOURCES

LSU Athletics is fully committed to the health, safety, and well-being of all student-athletes. If a student-athlete feels he/she has been subjected to, or is aware of, misconduct or improper treatment, he/she is encouraged to notify the appropriate individuals to address the issue. Athletic Department and campus resources are listed below:

Student-Athlete Experience:

LaKeitha Poole, Director of Sports Psychology and Performance 225-773-5555;
Shelly Mullenix, Sr. Associate Athletic Trainer/Director Wellness 225-268-1309;
Miriam Segar, Sr. Associate Athletics Director Student Services 225-936-8538;
University Student Health Center 225-578-8774,
LSU Dean of Students 225-578-9442.

Reporting a Crime: LSU Police 225-578-3231; Baton Rouge Police 225-389-3800.

Diversity Issues: Office of Diversity 225-578-5736.

Title IX (Sexual Misconduct) Issues:

Jennie Stewart, 225-578-3918 - Title IX Coordinator/Campus Coordinator
Jeff Scott, 225-578-3918 - Title IX Investigator
Maria Fuentes-Martin, 225-578-9442 - Title IX Deputy Coordinator for Students/LSU Dean of Students
Gaston Reinoso, 225-578-8200 - Deputy Title IX Coordinator for Employees/LSU HRM Office

LSU CARES

- www.lsu.edu/lsucares
- LSU Cares is a confidential
- on-line reporting system for
- students, faculty and staff to
- report issues of concern. Re-
- ports can be submitted regard-
- ing violations of the LSU Code
- of Student Conduct, sexual
- misconduct and hazing, bias
- or discrimination, grievances
- and concerns about students in
- distress.

Reports of sexual misconduct shall be promptly investigated and also reported to the LSU Police Department and other law enforcement agencies (e.g., Baton Rouge Police Department or EBR Sheriff) when required. Other resources for students for sexual misconduct-related offenses include: [The Lighthouse Program is a confidential resource offered through LSU Student Health Center for sexual assault survivors ; SEXUAL TRAUMA, AWARENESS AND RESPONSE (STAR) and LSU Student Health Center offers a Sexual Assault Nurse Practitioner (SANE) program, partnered through The Lighthouse Program, 225-578-6521, Susan Bareis.

COX COMMUNICATIONS ACADEMIC CENTER FOR STUDENT-ATHLETES (CCACSA)

The Cox Communications Academic Center for Student-Athletes is comprised of an academic affairs team, a student affairs team, and an information technology team. Collectively, the purpose is to provide an all-inclusive student-centered support structure for all student-athletes from matriculation through graduation and life beyond.

The Cox Communications Academic Center for Student-Athletes reports to the Academic Affairs Vice Provost. This lineage to Academic Affairs re-iterates the importance of the student component of "student-athlete". The team acts as a liaison between the athletic and academic communities and ensures that student-athletes comply with academic rules established by the university, the NCAA, and the SEC.

The Cox Communications Academic Center for Student-Athletes is a 54,000 square foot facility. This facility gives LSU student-athletes the best opportunity for success by providing access to the latest technology, stimulating their intellectual curiosity through developmental programming, and by cultivating skills to navigate LSU and life beyond.

The Cox Communications Academic Center for Student-Athletes actively collaborates with Academic Affairs and Student Life to develop a comprehensive program that contributes to the total development of all student-athletes while increasing retention numbers, reducing attrition numbers, improving graduation rates. The Center also engages in collaborative programming with various constituents from across campus to address the needs of our student-athletes.

PRE-ADMISSION COUNSELING

Prospective freshman and transfer students are provided with information on admissions procedures, registration, degree selection and course availability. Prior to the official campus visit, the ACSA, in conjunction with the Recruiting Coordinator, arranges a meeting with the recruit to explore the prospect's area of interest.

The ACSA provides general information on available University resources. After signing a National Letter of Intent, student-athletes are sent information regarding orientation and registration procedures.

PRINTING POLICY

The ACSA policy regarding the use of printers in the Computer Lab and Tutorial Center requires students to log into a "release station" using their MyLSU log on credentials. Each student-athlete account will be allotted the equivalent of 400 pages free of charge per semester. If a student needs more pages added to their quota, they will need to see their advisor and request an increase with proper justification. Accounts will be reset to 400 pages at the beginning of each Spring/Fall semester.

A two week unlimited printing window shall occur during the first two weeks of each new Fall/Spring Semester. This will allow student to print syllabi and other items needed at the start of the coursework without it counting against their 400 page quota. Printing from personal computers or tablets can be completed by visiting www.acsa.lsu.edu and selecting "Mobile Printing" under the Quick Links tab.



ORIENTATION

The Department of Athletics holds an orientation program at the Cox Communications Academic Center for Student-Athletes (ACSA), to familiarize new students (freshmen and transfer) with their academic and athletic responsibilities. The purpose of this program is not only to inform you of campus procedures, but also to review services offered by the University. Academic integrity, career planning and your general welfare are also discussed. Additionally, the University offers a fall orientation program for all new LSU students.

Prior to initial enrollment, freshman and transfer student-athletes are encouraged to attend the ACSA Summer Academic Success Program (SASP) as well as general registration and orientation sessions for all students. Additionally, the ACSA conducts orientation sessions for new student-athletes.

The primary purpose of SASP and the orientation sessions is to familiarize student-athletes with the academic demands as well as resources of the University. Student-athletes are also made aware of changes and updates in Southeastern Conference and NCAA rules regarding eligibility.

TEXTBOOKS

As allowed by the NCAA, the Department of Athletics furnishes required course-related textbooks to designated scholarship student-athletes for the courses in which they are enrolled. If a student-athlete is to receive textbooks as part of his/her scholarship aid, then his/her name appears on the LSU Scholarship List.

Each student-athlete is required to bring his/her class schedule and syllabi to the LSU Union Bookstore, which is located in the Union. The books are on loan and must be returned to the Union Bookstore at the end of each semester or when a student-athlete withdraws from school.

Books are to be used only by the individual to whom they are issued. Failure to return the textbooks results in a student-athlete being charged for the current value of the textbooks. In the event that a textbook is lost or stolen, student-athletes are not provided with replacement books. Student-athletes who have not cleared their textbook account will be billed the cost of unreturned books.

ACADEMICS



ACADEMIC PLANNING, COUNSELING AND REGISTRATION

The ACSA, in conjunction with the various college counselors, informs student-athletes of requirements for prospective degrees. ACSA assists in the planning of class schedules with regard to academic standing, practice, travel and competition schedules.

To comply with the NCAA's satisfactory progress rule, each student-athlete must designate a program of study leading toward a specific baccalaureate degree at LSU by the beginning of the third year of enrollment (i.e., the fifth semester).

The CCACSA counselors ensure that each student-athlete meets this requirement, and then works with the student-athlete to ensure that he/she makes satisfactory progress toward the specified degree. CCACSA advisors coordinate the scheduling of classes and registration for each semester

ACADEMICS

ACADEMIC CLASS (Semester of Full-time Enrollment)	NCAA CONTINUING ACADEMIC ELIGIBILITY REQUIREMENTS
Sophomore (entering 3rd semester)	<ul style="list-style-type: none"> • Must have earned at least 6 credits each semester. • Must have earned at least 24 credit hours during previous year with at least 18 earned during the regular academic year.(fall & spring) • 90% (1.8 GPA) of minimum cumulative GPA for graduation each semester.
Junior (entering 5th semester)	<ul style="list-style-type: none"> • Must have earned at least 6 credits each semester. • Must have earned at least 18 hours during the regular academic year. (fall & spring) • Must have officially declared a major. (Completed appropriate paperwork) • 95% (1.9 GPA) of minimum cumulative GPA for graduation each semester. • 40% of degree must be completed.
Senior (entering 7th semester)	<ul style="list-style-type: none"> • Must have earned at least 6 credits each semester. • Must have earned at least 18 hours during the regular academic year. (fall & spring) • 100% (2.0 GPA) of minimum cumulative GPA for graduation each semester. • Must have officially declared a major • 60% of degree must be completed.
5th Year Senior (entering 9th semester)	<ul style="list-style-type: none"> • Must have earned at least 6 credits each semester. • Must have earned at least 18 hours during the regular academic year. (fall & spring) • Must have declared a major. • 100% (2.0 GPA) of minimum cumulative GPA for graduation, each semester. • 80% of degree must be completed.
<ul style="list-style-type: none"> • All student-athletes must be in good academic standing as defined by LSU • Once a student-athlete has officially declared a major, all hours used towards meeting the satisfactory progress requirements must be applicable toward the student's designated degree program. 	

CLASS ATTENDANCE

The Faculty Senate revised the University Class Attendance Policy-PS 44, which will be effective beginning Fall 2013. This policy allows class attendance to be taken into consideration by instructors when determining final grades. There is a direct correlation between classroom attendance and academic success. Therefore, all coaches and Departmental administrators are expected to reinforce the necessity of regular class attendance to the student-athletes. Class attendance is monitored by the CCACSA. Professors are asked to provide progress reports on the student-athletes. The head coach of the designated sport is notified when a student-athlete misses classes. The student-athlete is responsible for explaining his/her actions and is instructed to contact the professor in an attempt to resolve the attendance problem. Student-athletes should provide a copy of their sports' schedule and class excuses for team travel to their instructors at the beginning of each semester. Arrangements for taking any examinations or completing work assignments affected by team travel are the responsibility of each student-athlete. Excuse letters are provided to student-athletes by the CCACSA. Excuses are based on travel approved by the Faculty Athletic Council.



STUDY HALL

Study hall is held in the Academic Center for Student-Athletes Sunday through Friday. Study hall provides a well-organized environment that is conducive to studying and tutoring. All freshmen and transfer student-athletes, as well as any others who are experiencing academic difficulties, are required to attend study hall.



EXAMS

When a student-athlete learns that an exam is scheduled during the time he/she will be participating in the intercollegiate athletics program, the student-athlete is responsible for notifying the instructor and making arrangements to make up the exam. The instructor should be contacted at the earliest possible date. Travel letters approved by the university's Athletics Council allows student-athletes an opportunity to make up missed work due to athletic travel. This is done in keeping with NCAA guidelines and provisions and allows up to 20% missed class time for student-athletes in school sanctioned events only.

INCOMPLETE GRADES

Academic work that is of passing quality but which, because of circumstances beyond the student's control (i.e., illness or some other emergency) is not complete, may be marked "I" (i.e., incomplete). "I" grades are given only if the instructor receives authorization from the Dean of that student's college. If the work is not completed during the next regular semester in which the student is in residence in the LSU system, prior to the deadline for adding courses for credit, the grade automatically becomes "F."

REPEATING A COURSE

LSU's Faculty Senate has passed a Grade Exclusion resolution effective Fall 2013, which will now approve up to three courses for grade exclusion. Please refer to the Louisiana State University 2013-14 General Catalog for further details. See your academic advisor if you have any questions

SUPERVISED STUDY SESSIONS

Study Hall is open to student-athletes Monday thru Thursday from 7:30 am – 9:30 pm; Friday from 7:30 am – 5:00 pm; and Sundays from 4:00 pm – 9:30 pm. There is a unique blend of study environments including a computer lab, tutorial center, private study rooms, private tutorial rooms, and a library for quiet study. An Academic Advisor or other staff member in addition to student staff, are on duty at all times to answer questions and help where needed. Students are checked for attendance and are monitored for productivity.

CREDIT EXAMINATIONS

- The advanced-standing program is open to students with superior ability acquired through excellent preparation in high school or on their own initiative. This program offers all students at Louisiana State University the opportunity to gain course credit by passing an exam in the specific sport subject. Students may apply for these tests any time after acceptance to the University. Requests should be initiated with a CCACSA advisor. Credit is awarded on a pass/fail basis. Students must initiate the process prior to their final semester or risk delaying their graduation a semester.

CORRESPONDENCE STUDY

- No more than six semester hours of correspondence courses may be used for eligibility within one year, and all correspondence courses require coaches and CCACSA approval. All correspondence course work must originate from LSU in order to count for eligibility purposes.

WITHDRAWING FROM A COURSE

In order to remain academically eligible to participate in intercollegiate athletics, a student-athlete's course load must not drop below 12 hours. A student-athlete who needs to drop or add a class must consult with his/her CCACSA counselor, and have a form signed by their coach. The CCACSA counselor explains all applicable eligibility legislation to the student-athlete. If the dropping of a class results in a student-athlete being registered for less than 12 hours, the CCACSA counselor informs the Associate Athletic Director for Compliance. (See Policy 502C, Student-Athletes: Eligibility, for more information.)



ACADEMICS

STUDENT LEARNING PROGRAM (SLP)

The Student Learning Program is a holistic academic enrichment program that fosters independent learning to assist all student-athletes in their pursuit of academic, athletic, and personal goals. The Student Learning Program offers educational assistance services in the Academic Center for Student-Athletes, including Educational Assessment, Learning Specialist assistance, Rediscovering Opportunities through Advanced Reading, tutorial assistance and objective-based study hall.

THE STUDENT LEARNING PROGRAM'S PURPOSE

The goal of this student-centered program is to cultivate independent learning by assessing individual student needs, developing an instruction plan, and assisting students in implementing specific learning strategies. The Student Learning Program also trains student-athletes in improving communication, and self-advocacy and accountability to enhance academic, athletic, and personal success. Student-athletes are assisted through the following:

- Evaluation and assessment of learning and study habits of student-athletes
- Screening and educational assessment of all new/transfer student-athletes
- Identification of academically at-risk student-athletes
- Development and implementation of individual education plans
- Implementation of research-based educational approaches
- Coordination with the Office of Disability Services and other student service staff

EDUCATIONAL ASSESSMENT PROGRAM

Within the Student Learning Program there are three phases of educational assessment for student-athletes. Student-athletes may participate in any combination of the three educational assessment phases. The phases include a learning profile, initial screening, and psychoeducational evaluation. Each phase of assessment is designed to gather information pertaining to student-athletes' academic skills, cognitive ability and attention. The compilation of results allows Learning Specialists to identify any possible learning challenges or other significant concerns that may impede a student-athletes' learning.

LEARNING SPECIALIST PROGRAM

Learning Specialists work primarily with student-athletes that have identified learning challenges as well as those that require advanced academic assistance or support. Learning specialists work with student-athletes one-on-one and in group settings to assist in building the essential academic skills necessary to allow independent learning. Learning Specialists develop detailed academic support plans for student-athletes including specific skill areas on which to focus, tutorial support needs, time management and organization. Learning Specialists also coordinate additional educational and academic developmental services, including academic workshops where topics vary.

REDISCOVERING OPPORTUNITIES THROUGH ADVANCED READING (R.O.A.R.)

R.O.A.R. is a reading skills development program designed to enhance comprehension and fluency among ELL (English language learner) and native English speakers.

OFFICE OF DISABILITY SERVICES (ODS)

Learning Specialists work closely with the ODS staff to assist student-athletes who have documentation for a diagnosed learning disability. Student-athletes are encouraged to utilize the services offered to them through ODS.

TUTORIAL SUPPORT

The Tutorial Center provides individualized and/or small tutoring sessions and assistance for all student-athletes. The primary goal of the tutorial program is to provide student-athletes with academic assistance to support classroom instruction

EXPECTATIONS OF BEHAVIOR

Students should conduct themselves in a professional, mature, and respectful demeanor both inside and outside of the CCACSA.

WHILE IN THE TUTORIAL CENTER, STUDENT-ATHLETES **MUST**:

- display a respectful attitude towards all staff members, tutors, and fellow student athletes
- maintain appropriate conversations at a reasonable volume in tutorial center lobby, cubicles, and computer lab
- check in at the Front Desk for all appointments
- arrive on time and stay for the FULL duration of all tutorial sessions
- bring ALL course materials for the tutorial session (books, notes, pen/pencil, etc.)
- silence and put away all cell phones, tablets, and digital media devices
- remove all hats, hoods, and ear buds before entering the building
- adhere to all other policies outlined in this handbook

TUTORIAL SESSIONS

Each tutorial session follows the "Constructivist Teaching Model" which outlines objectives, work accomplished, and future work to be completed. Student-athletes are expected to maintain a professional and positive demeanor towards their tutors. Following the tutoring session, each tutor submits a report outlining the student-athlete's preparedness, comprehension, notes, and success meeting objectives during the session using the online reporting system, GradesFirst. These reports are used by advisors, staff, and coaches to monitor student progress, behavior, and accountability throughout the semester.

CONTENT AND STRATEGY TUTORS

There are more than 100 tutors on staff who are trained and certified by the College Reading and Learning Association (CRLA) Tutor Training Program. These trainings equip our tutors with a variety of study skills, learning strategies, and in-session techniques for working with adult learners from diverse learning backgrounds.

CONTENT TUTORS

Content tutors assist student athletes in course-specific tutorial sessions. Student-athletes may request a content tutor for any course through their advisor. Requests for tutoring are filled throughout the semester based on tutor course availability and student need.

STRATEGY TUTORS

Strategy tutors provide assistance with student athletes' transition to the University in developing their study and organizational skills, fostering an understanding of learning and motivation, and assisting in the development of academic literacy and planning skills.

Please see your advisor to request a tutor as well as review updates on pending tutorial requests.

APPOINTMENT CANCELLATIONS/RESCHEDULES

Appointments can only be cancelled with an approved excuse through the student athlete's advisor. A student athlete cannot cancel or reschedule an appointment through a tutor or through the Tutorial Center Front Desk. To cancel an appointment, student athletes must contact their advisor via phone or email by the cancellation deadlines below:

Appointment Day	Cancellation Deadline
Sunday	Friday, 3:00 pm prior to Sunday meeting day
Monday	Sunday, 8:00 pm prior to Monday meeting day
Tuesday-Friday	Monday - Thursday, 8:00 pm day prior to scheduled appointment day and time

When an appointment is cancelled on time, the tutor and student will be notified via email and the appointment will be removed from GradesFirst. If a student-athlete has an unexcused absence and/or is late for an appointment he or she will incur up to a \$50 charge to his or her fee bill for each missed appointment. A student-athlete may appeal No-Shows through their advisors with a valid, documented excuse.

GRADESFIRST

GradesFirst is the online reporting and advising system that is utilized by ACSA to create tutorial and advising appointments. The student athlete's academic, tutorial, and practice/competition schedules are also accessible via the GradesFirst calendar to the student, advisor, and coaches.

All tutorial appointment requests are scheduled in GradesFirst around student availability and take place at a regular time every week with an assigned tutor (i.e. ECON 2000 tutoring every Monday/Wednesday from 10:30 am-11:30 am). Students are sent daily reminder notifications via email and text message for upcoming tutoring appointments. These appointments are scheduled for hour-long blocks to take place within the ACSA facilities during the hours of operation listed below:

COX BUILDING HOURS - FALL/SPRING SEMESTER

Day	Time
Monday - Thursday	7:30 am - 9:30 pm
Friday	7:30 am - 5:00 pm
Sunday	4:00 pm - 9:30 pm

OTHER ON-CAMPUS AND ONLINE RESOURCES

In addition to tutoring, the following resources are also available to student-athletes free of cost:

ACSA MATH LAB

The Math Lab at ACSA offers our Student-Athletes personalized time to explore a wide array of Mathematical concepts with experienced Mathematics Educators. While working one-on-one or in small groups, our Student-Athletes are offered both the technology and opportunity to achieve academic success in the collegiate Mathematics classroom. Requests for MathLab appointments can be scheduled through a student's advisor.

COMMUNICATION ACROSS CURRICULUM (CxC)

CxC's Studio 151 located in 151 Coates Hall offers one-on-one assistance, coaching, and feedback for papers, presentations and multimedia projects in all subject areas, as well as both mentoring services for science and writing. Multimedia resources such as camcorders, audio recording equipment, and presentation rooms are all available for rental, free of cost.
<http://sites01.lsu.edu/wp/cxc/>

CENTER FOR ACADEMIC SUCCESS

CAS offers learning resources and academic support in the form of one-on-one tutoring and supplemental instruction for all LSU students. CAS Tutorial Centers offer free assistance with homework, test preparation, and study strategies in biology, chemistry, mathematics, physics, foreign languages.
<http://cas.lsu.edu/>

SMARTHINKING ONLINE TUTORING

All LSU students have access to 900 minutes of free online tutoring through SMARTHINKING in writing, reading, math, business courses, science courses and foreign languages. Students can register through their MyLSU account and access one-on-one tutoring services with experienced tutors.
<http://www.lsu.edu/smarthinking>

GENESIS TUTORING

The Office of Multi-Cultural Affairs provides free tutoring in Math, Science and Foreign Languages Monday through Thursday from 5:00-9:00 pm in the LSU Student Union Room 302G. For more information contact oma@lsu.edu or at (225) 578-4339
<http://uiswcmweb.prod.lsu.edu/edco/oma/Genesis/Tutoring/item25230.html>

COX BUILDING HOURS

SPRING/SUMMER INTERSESSION & SUMMER SEMESTER

Day	Time
Monday - Friday	8:00 am - 4:30 pm
Sunday	Closed

ACADEMICS

ACADEMIC RULES FOR STUDENT-ATHLETES

Student-athletes must be aware of several strictly enforced academic rules set by the NCAA for continued eligibility. Below is a list of general rules that apply to all student-athletes. Student-athletes should review the ACADEMIC RULES FOR ELIGIBILITY sheet for their specific rules. This sheet must be signed at the beginning of each academic year.

1. Student-athletes must maintain full-time status to practice and/or play a sport at LSU (12 semester hours). Each year student-athletes must earn a minimum number of credits to be eligible to play the next year (Refer to the Academic Rules for Eligibility sheet). All student-athletes must earn at least 18 credit hours during the Fall and Spring Semesters that do not include correspondence, Southern, or BRCC courses.
2. As of 2011, football student-athletes must earn 9 degree applicable hours in the Fall semesters. Football student-athletes who fail to earn 9 hours will be subject to being suspended for the first 4 games of the following season. A one-time chance to "appeal to the suspension" is allowed only if the student earns 27 hours in the calendar year. (Please refer to the 2011-12 NCAA Division I Manual for a complete explanation of the new rule.
3. Each semester student-athletes must earn a minimum of 6 credits in order to participate during the following semester and to be eligible for SEC and NCAA post-season competition.
4. Student-athletes must declare a major by the beginning of their fifth semester.
5. After the fifth semester, student-athletes may use only courses that apply toward graduation in their designated degree program to fulfill eligibility requirements.
6. Certain courses require a minimum grade of "C" in order to fulfill graduation requirements. Once their major has been declared, student-athletes must earn a "C" or better in those courses in order for them to be used for eligibility.
7. At certain points during their academic career student-athletes will be required to meet a minimum grade point average and a certain percentage of their degree requirements. Please refer to the Academic Rules for Eligibility sheet for specifics.
8. If student-athletes plan to attend summer school at a school other than LSU, they must have prior written approval of their Dean and the Office of Admissions.

The CCACSA team and athletic administration promote and strongly uphold the standards of an academic setting; one with respect and professionalism. While in the Academic Center, no food or drink is permitted and students are not to wear hats or sit on desks.

PLAGIARISM

Cheating may result in you being expelled from the University. Everyone knows cheating on an exam is dishonest; however, students have, on occasion, turned in papers which they thought were acceptable, only to find they were accused of plagiarism. If you use another person's ideas or expressions in your writing without acknowledging the source, you are guilty of plagiarism. Failing to give proper credit for ideas, research conclusions, etc., is the same thing. A good rule of thumb is to quote the unique or witty and paraphrase the rest. If you are in doubt, check with your CCACSA Advisors or tutors.

ACADEMIC PROGRESS RATE (APR)

The NCAA recently adopted the Academic Progress Rate (APR) as a method of determining if member institutions are successfully promoting student-athlete's progress towards a degree and timely graduating. APR rates are determined by a point system where retention, eligibility, and graduation are measured for every scholarship student-athlete each semester. Student-athletes earn 1 point for remaining eligible and 1 point for remaining in school each semester of their time on athletics based aid. As you review, please understand that you are accountable for maintaining academic progress and that failure to do so may result in the loss of your athletic scholarship. The following are the APR guidelines:

The Academic Progress Rate is a number that reflects every team's academic performance at a given time based on the retention and eligibility of all scholarship student-athletes (including medicals and 9th semester students). An APR score of 925 is what teams must meet to avoid scholarship penalties (925 correlates to a 50 percent graduation rate). Teams below 925 will not be able to replace the scholarships of players who left ineligible during the previous academic year.

The APR awards two points each term to student-athletes who meet academic-eligibility standards and who remain with the institution. A team's APR is the total points earned by the team at a given time divided by the total points possible. You can affect your team's APR in the following way:

1. You can earn a maximum of two points for your team every semester that you receive aid, that's one point for eligibility and one point for retention.
2. You will receive a point for eligibility if you meet all NCAA eligibility requirements, such as progress towards degree, six hours, and grade point average.
3. You will receive a point for retention if you return to LSU the following semester. Once you graduate you will always have a point for retention.
4. If you receive zero out of two possible points in a semester your team could be subject to scholarship penalties

ACADEMIC EXCELLENCE

The Learning Center and academic advisors help cultivate independent learning through objective-based teaching and advise students on how to better utilize available resources that will help in the pursuit of academic success. The advisors assist in major selection, course scheduling, and academic support while the student learning program administers educational assistance services including educational testing, learning specialist assistance, and the tutorial program.

ACADEMIC ACCOUNTABILITY

LSU and the Cox Communications Academic Center for Student-Athletes are committed to the graduation of our student-athletes. To this end, each coach has a role in ensuring that his or her student-athletes meet their academic obligations. The Academic Accountability Policy requires the assistance and support of the Head Coach to help refocus student-athletes who are not meeting their academic obligations. For a missed academic appointment (tutor or mentor), a student-athlete will be charged \$50.00.

ACADEMIC ACCOUNTABILITY POLICY

At the heart of this accountability program is the point system. Each student-athlete will receive one negative point for each missed academic obligation throughout the semester. Missed obligations include: a missed class, tutorial appointment, counselor appointment, or study hall obligation (obligations missed for school sanctioned travel do not result in points). If students believe they have been wrongly marked as absent from a class, they may appeal to the ACSA Executive Director.

Student-athletes can also receive positive points, which will offset negative points. Student-athletes may receive positive points for documented, positive accomplishments. Possible ways to earn positive points include information provided from a professor or, demonstrating special effort in tutoring or study hall as documented in GradesFirst program by a staff member. All positive and negative academic points awarded (including rationale) must be documented and provided weekly to the coach on the academic report. With the approval of the Executive Director of the Academic Center and the Faculty Athletics Representative, the accumulation of negative points will cease for any student-athlete who has an excused absence from school (ex. professional athletics, death in family, injury, medical emergency, etc...). Any student-athlete receiving an exception to the point policy will be required to work with the Executive Director and the Academic Advisor to develop an academic plan to assist the student-athlete with successfully completing the semester. This plan will include student-athlete responsibilities and institutional responsibilities.

Each student-athlete will begin the semester with a total of 0 points. However, student-athletes who have accumulated high negative point totals in the term immediately preceding the current semester will be monitored closely and may be provided a contract earlier as deemed appropriate by the Faculty Athletics Representative.

SANCTION PROCEDURES

The Associate Directors with sport oversight will provide point updates to the coaching staff on a weekly basis. Disciplinary action taken against student-athletes with 1-9 negative academic points will be left to the discretion of each coach. At the 9 negative point level the Executive Director of the Cox Communications Academic Center for Student-Athletes will call a meeting with the Head Coach and the Sport Administrator to outline and implement an academic plan for behavior modification and a clear response plan should any additional negative points be earned. A copy of this plan must be signed by the student-athlete, Head Coach, Executive Director ACSA and Sport Administrator and will be maintained in the student-athlete's file at the Cox Communications Academic Center for Student-Athletes. At 12 negative points the Head Coach and the student-athlete will be required to appear before an Academic Accountability Committee to review the student-athlete's status and, if necessary, make recommendations to the Athletics Director to sanction the student-athlete. After review of each individual case, the Committee may recommend sanctions deemed appropriate from any of the four levels of discipline (in no particular order). After reviewing the committee's recommendations, the Athletics Director will decide the appropriate level of discipline and implementation of sanctions. For each additional three negative points accumulated after 12, the committee will meet with the Head Coach and student-athlete to determine if additional and/or more severe sanctions are necessary.

ACADEMIC ACCOUNTABILITY COMMITTEE (AAC)

The purpose of the Academic Accountability Committee is to recommend appropriate sanctions to the Athletic Director and coaching staff to increase academic accountability and success of

student-athletes at LSU. In addition, the ACSA will evaluate the imposed sanctions and their effectiveness at the end of each semester. The committee shall consist of: Associate Athletics Director Student Services - chair, Senior Associate Athletic Director, Faculty Athletic Representative. The committee will also include two faculty members selected by the Athletics Director from the membership of the Athletic Council. The Executive Director of the Cox Communications Academic Center for Student-Athletes will act as ex-officio member of the committee to provide pertinent information about the student-athlete's academic performance. When processing Academic point cases, the Academic Accountability Committee will provide a recommendation to the Athletics Director that will include a detailed list of student-athlete academic responsibilities and a detailed list of institutional responsibilities to assist the student-athlete in his/her academic pursuits.

DISCIPLINARY ACTIONS

Sanctions from any level may be imposed at any time depending on review of the specific details of each individual case. Indicated below are examples of punitive action that may be imposed:

LEVEL 1

- Additional physical conditioning (running, early morning, etc.)
Additional study hall
- Loss of complimentary tickets.
- Letter to parents
- Practice limitations.

LEVEL 2

- Partial suspension from athletic contest or contests
- Total suspension from athletic contest or contests.

LEVEL 3

- Reduced summer aid or complete revocation of summer aid.
- Total suspension from athletic participation

LEVEL 4

- Loss of athletic scholarship

ACADEMICS

LSU ACADEMIC CODE OF CONDUCT

8.1 ACADEMIC MISCONDUCT (LSU STUDENT HANDBOOK)

A. High standards of academic integrity are crucial for the University to fulfill its educational mission. To uphold these standards, procedures have been established to address academic misconduct.

As a guiding principle, the University expects Students to model the principles outlined in the University Commitment to Community, especially as it pertains to accepting responsibility for their actions and holding themselves and others to the highest standards of performance in an academic environment.

For example, LSU students are responsible for submitting work for evaluation that reflects their individual performance and should not assume any assignment given by any professor is a "group" effort or work unless specifically noted on the assignment. In all other cases, students must assume the work is to be done independently. If the student has a question regarding the instructor's expectations for individual assignments, projects, tests, or other items submitted for a grade, it is the student's responsibility to seek clarification.

Any Student found to have committed or to have attempted to commit Academic Misconduct is subject to the disciplinary sanctions set forth in Section 9.0.

B. An instructor may not assign a disciplinary grade, such as an "F" or zero on an assignment, test, examination, or course as a sanction for admitted or suspected Academic Misconduct in lieu of formally charging the student with Academic Misconduct under the provisions of this Code. All grades assigned as a result of accountability action must be approved by the Dean of Students or designee.

C. To protect the University's educational purposes and the University community, a Student may be formally charged with a violation of this Code and be subject to the sanctions herein for the following acts or omissions:

1. ASSISTING WITH COPYING - Allowing another Student to copy from a test paper or assignment;

2. COLLABORATION - Unauthorized interaction during a quiz/test, take home exam, or any other assignment with any other person by giving,

receiving, or otherwise sharing information without prior approval of the instructor;

3. COLLUSION - Speaking to another person in a testing environment without the consent of the person proctoring the exam/test/quiz/assignment;

4. COPYING - Copying from another student's test paper or assignment;

5. FALSE PRETENSES - Failing to thoroughly follow requirements related to the preparation and presentation of work, including group projects, submitted for credit in a manner that results in submitting as one's own the work of another or misleading an instructor as to:

- a. The condition under which the work was prepared
- b. Falsifying or fabricating an excuse or documentation in order to avoid or delay timely submission of academic work or delay the taking of a test or examination;

6. PLAGIARISM - Plagiarism is defined as the lack of citation or the unacknowledged inclusion of someone else's words, structure, ideas, or data. When a Student submits work as his/her own that includes the words, structure, ideas, or data of others, the source of this information must be acknowledged through complete, accurate, and specific references, and, if verbatim statements are included, through quotation marks as well. Failure to identify any source (including interviews, surveys, etc.), published in any medium (including on the internet) or unpublished, from which words, structure, ideas, or data have been taken, constitutes plagiarism; Plagiarism also includes:

- a. Falsifying or fabricating any information or citation in any academic exercise, work, speech, thesis, dissertation, test, or examination.
- a. Submission of essentially the same written assignment for two courses without the prior permission of the instructors;

7. PROVIDING UNAUTHORIZED WORK - Unauthorized supplying to another student for use in fulfilling academic requirements any theme, report, term paper, essay, computer program code, technological messages, programs, other written work, painting, drawing, sculpture, or other scholastic art work;

8. SUBSTITUTION - Substituting for another student, or permitting any other person to substitute for oneself, to take a test/quiz/in class assignment;

9. UNAUTHORIZED ACCESS TO TEST - Stealing, supplying, bribing, buying, copying, photocopying, seeing,

or otherwise obtaining through unauthorized access, all or part, of a test/quiz;

10. UNAUTHORIZED ENTRY - Unauthorized entry into a building or office for the purpose of changing a grade in a grade book/computer, a test paper, or other work for which a grade is given;

11. UNAUTHORIZED GRADE CHANGE - Changing, altering, or being an accessory to changing and/or altering a grade in a grade book/computer, on a test paper, on other work for which a grade is given, on a "drop slip," or on any other academic record of the University including changing a grade on a test/quiz/assignment;

12. UNAUTHORIZED MATERIALS - Using unauthorized materials or technological devices during a quiz/test or on any assignment/project submitted for a grade. This non authorized use will include the course textbook or other materials, such as a notebook normally brought to a class meeting, but not authorized for use during a quiz/test by the person giving the quiz/test. Having any forbidden and unauthorized material open and in sight of the student taking the test/quiz during a test/quiz will be considered the utilization of the material;

13. UNAUTHORIZED SUBMISSION OF ORIGINAL WORK - Submitting as one's own, in fulfillment of academic requirements, any work such as, but not limited to, a theme, report, term paper, essay, computer program code, other written work, painting, drawing, sculpture, or other scholastic art work prepared totally or in part by another;

14. Violating any applicable professional code of ethics or conduct while enrolled in a course of study designed to qualify the Student for certification in a profession or while in the course or scope or any required practicum or clinical experience;

15. Attempting to commit, or assisting someone in the commission or attempted commission of an offense listed above.

a. No Student may drop a course to avoid the academic impact of an academic misconduct sanction. All Students who drop the course under such circumstances will be re-enrolled in the class and then given the appropriate grade post sanction.

b. Other Academic Misconduct - Academic units and members of the faculty may prescribe and give Students prior written notice of additional standards of conduct for academic integrity in a particular course or setting. A violation of such a standard will be considered Academic Misconduct.

SHAQUILLE O'NEAL STUDENT-ATHLETE DEVELOPMENT PROGRAM

The Student-Athlete Development Program was developed by the Division I-A Athletic Directors Association to help prepare student-athletes for the challenges of life beyond the playing field. Through workshops, service projects, and social events, the Student-Athlete Development Program at LSU brings student-athletes information that will prepare them for the biggest game of all- the game of life! The Student-Athlete Development Program is named after one of its finest former student-athlete and graduate, Shaquille O'Neal.

Student-athletes face unparalleled challenges. On the field, there is increased visibility and pressure to excel. Off the field, student-athletes must endure hectic travel schedules and the stress of "life under a microscope." With such demands and pressures, student-athletes may face difficulties in experiencing life as part of the general student population.

By focusing on "real life" skills and personal development, the Shaquille O'Neal Student-Athlete Development Program not only assist student-athletes with meeting daily challenges, but also enhance student-athletes' growth in their college years and beyond. The Shaquille O'Neal Student-Athlete Development Program works to meet the needs of all of our student-athletes by providing a comprehensive program that includes Health and Wellness, Diversity, Inclusion, and Civic Engagement, Career and Professional Development, and Academic Strategies. The following areas within the Shaquille O'Neal Student-Athlete Development Program capture our focus to adequately equip each student-athlete for future endeavors:

PERSONAL DEVELOPMENT

The Shaquille O'Neal Student-Athlete Development Program staff coordinate with the Associate Director for Health & Wellness to develop workshops that include Women's Wellness, Media Interviewing, Financial Responsibility, Health & Wellness, and Leadership Academy.

COMMUNITY OUTREACH

Outreach events coordinated by the Shaquille O'Neal Student-Athlete Development Program include the Halloween BOOzar and the Thanksgiving with the Tigers Toy Drive. Various individual opportunities are encouraged and include projects such as reading in schools, giving motivational talks, hospital and nursing home visits, and feeding the homeless. A traveling trophy award is given at the end of each school year to the team that has logged the most community service hours throughout the year. Also, a Volunteer of the Year Award is handed out to the most involved male and female student-athletes for their outreach work over the school year.

CAREER DEVELOPMENT

The Shaquille O'Neal Student-Athlete Development Program staff provide and develop workshops for Resume Writing, Interview Skills, Business Etiquette, Dress for Success, Career Assessment Testing, and Career Coaching. The staff executes events such as the Career Symposium for juniors and seniors, the Major Decisions Symposium for sophomores, and the Freshmen Interest Program for incoming student-athletes. Cross-campus collaboration with Career Services ensures that students: understand the basics of writing a resume' and a cover letter; participate in a mock interview; and register with LSU Career Services' Handshake on-line platform.

STUDENT-ATHLETE ADVISORY COMMITTEE

The Student-Athlete Advisory Committee (SAAC) serves as the governing body for the LSU student-athletes. The committee is comprised of representatives from all sport teams and meets once or twice a month during the fall and spring semesters. The role of an SAAC member is to represent his/her team by communicating information and needs to the administrative staff and coaches and to assist with planning events and communicating those events to teammates. The committee also has an opportunity to voice opinions about SEC and NCAA legislation.

SAAC sponsors many community service events and perform much of the work in relation to planning and coordinating participation in these events. SAAC members also serve as liaisons between their teammates and the athletic & academic support staff by playing an essential role in creating regulations and keeping their teammates informed of any changes with respect to the Cox Communications Academic Center for Student-Athletes.

SAAC members are chosen by each sport team and serve on an annual basis. The Advisory Committee members are a very important voice for all LSU Student-Athletes. Officer positions are chosen by election by the members of the SAAC. Two student-athletes from this committee are also sent to the SEC SAAC Meeting each semester in Birmingham, Alabama.



LSU®



**STUDENT-ATHLETE
ADVISORY COMMITTEE**

NCAA RULES AND REGULATIONS

Though NCAA and Conference rules may seem complicated, the underlying reason for these rules is to field teams that play according to the same rules in all athletic competitions, without institutions having a "competitive advantage." You are asked to be especially careful about accepting any favors, invitations or assistance from boosters. If you have any doubts, contact your coach or the Sr. Associate Athletic Director for Compliance before accepting anything that might be considered an "extra benefit." Examples of common extra benefits include free or discounted meals, entertainment, transportation and lodging.

RULES VIOLATIONS

A key responsibility of the Compliance Staff is to investigate potential NCAA rules violations when necessary. The reporting of violations can come in many forms. There are times when an anonymous phone call or letter will arrive. There are also times when a formal request for an investigation occurs either through the SEC or NCAA. A rules violation may also be self-reported through a University staff member, student-athlete or coach. In all instances, it is necessary to conduct some type of investigation to discover the extent to which a problem does or does not exist. It is extremely important that you, as a student-athlete, report any issue that you think may be a rules violation. It is your duty to assist with maintaining NCAA regulations. NCAA Bylaw 10.1 requires that, as a student-athlete, you must fully cooperate with any investigation. If it is determined that you have not cooperated fully, you will be declared ineligible and lose your privilege for athletic competition.

ATHLETIC ELIGIBILITY

To remain athletically eligible, the most important thing to remember is not to jeopardize your amateur athlete status. Below are NCAA and SEC rules that you must adhere to in order to maintain your amateur status. You **CANNOT** (within any sport):

1. Accept payment or a promise of payment (in cash, prizes, gifts or travel) for participation in your sport for items such as actual/necessary expenses unless approval is granted by compliance
2. Enter into an agreement of any kind to compete in professional athletics. (You cannot negotiate a verbal or written professional contract).
3. Request that your name be put on a draft list for professional sports or try out with a professional sports organization.
4. Use your athletics reputation for payment or to obtain a job.
5. Play on any professional athletics team.
6. Receive financial aid or benefits from persons other than your parents/legal guardian or LSU without approval.
7. Participate on teams other than those fielded by LSU during the season. (This includes tryouts, exhibition or tournament games).
8. Agree to have your picture or name used to promote a commercial product.
9. Accept such things as gifts, meals and loans of cars or money from athletics interest groups, agents/runners or boosters.
10. Be represented by an agent or organization in order to market your athletic skills or reputation.
11. Receive any benefit that is not generally available to other students at LSU.
12. Participate in a summer league not approved by the NCAA. (You must have written permission from the Athletics Director for summer league participation).
13. Play on a non-departmental athletic team during the academic year without permission from your Head Coach and LSU's Sr. Associate Athletic Director for Compliance.
14. Sell your complimentary tickets or trade them for items of value.
15. Receive payment for work not performed or money for a job that is not consistent with the "going rate" for the service.

ELIGIBILITY SQUAD MEETING

At the beginning of each academic year, an eligibility squad meeting is held. You are required to complete and sign eligibility forms for each sport in which you plan to participate. These forms include:

1. NCAA Student-Athlete Statement;
2. NCAA Drug Testing Consent;
3. SEC Student-Athlete Statement;
4. NCAA HIPPA;
5. Summer School Scholarship Policy;
6. Host Responsibility;
7. LSU Drug Testing Consent Statement;
8. SEC Automobile Registration;
9. SEC Student-Athlete Employment;
10. SEC Certification of Recruited Status;
11. Institutional promotional activity and photograph release;
12. Other forms as provided.

During the eligibility squad meeting, rules and procedures are explained and any questions you may have concerning eligibility are answered. If you have any questions about your eligibility, contact the Assistant AD for Compliance at 578-3891.

VOLUNTARY WORKOUTS

Throughout the academic year and summer term, coaching staffs may inform their student-athletes of voluntary workout availability. Please keep in mind the following regulations must be followed in order for a workout to be considered voluntary:

1. You cannot be required to report back to a coach or other athletics department staff member any information related to the activity.
2. The activity has to be initiated and requested solely at your discretion.
3. Your participation (or lack thereof) may not be recorded for the purpose of reporting such information to your coaching staff.
4. You cannot be subject to penalty for not participating in voluntary activities. In addition, you may not receive recognition nor incentive (e.g., awards) based on your attendance or performance in such activities.

Safety Exception: In the following sports a coach may be present during voluntary workouts to provide safety instruction **ONLY**:

- Gymnastics
- Swimming and Diving
- Track and Field (field events, jumping hurdles and jumping element of the steeplechase)

NOTE: Disciplinary activities (e.g., "penalty runs") are not considered voluntary activity and must be counted toward your practice hour limitations.

INDIVIDUAL WORKOUTS

During an institutional vacation period and/or summer, a student-athlete in golf, gymnastics, swimming/diving, track/field and tennis may request a coaching staff member to be present for an individual workout session; provided the request for assistance is initiated by the student-athlete.

NCAA RULES AND REGULATIONS

PLAY/PRACTICE RESTRICTIONS

NCAA regulations identify the academic year in two distinct segments: in-season and out-of-season. At the beginning of each academic year, the coaching staff for each sport must identify the days during the academic year that the sport will be considered in-season. While in-season, a student-athlete is limited to 20 hours per week and no more than 4 hours per day of countable athletically related activities, which may consist of practice, meetings, film review, weights/conditioning and competition. Also, while in-season, a student-athlete is required to have a minimum of one (1) day off per week.

During the out of season segment, a student-athlete can engage in only eight (8) hours per week of countable athletically related activities. Within the eight (8) hours per week, only two (2) hours may be utilized for skill-related instruction (in football film review/walkthroughs as opposed to skill instruction) with a member of the coaching staff. Additionally, while out-of-season, a student-athlete must have at least two required (2) days off per week. Please note: in the sports of basketball and football, student-athletes may be involved in out-of-season workouts for an 8-week period while enrolled in summer school. The workouts will be limited to 8-hours per week of countable athletically related activities, with not more than 2-hours per week spent on skill instruction in basketball/film review in football. During the summer period, there is no requirement to provide student-athletes a day off each week.

In addition to required days off when a sport is in-season vs. out-of-season, the NCAA requires each sport to provide its student-athletes with an additional 21 days off per year. Seven (7) of the 21 additional days off will occur immediately after the conclusion of the championship segment and the remaining 14 days off will occur during the academic year at the discretion of the head coach.

As a student-athlete, it is your responsible responsibility to verify your countable athletically related activities through ARMS. Each week two student-athletes from each sport will be randomly selected by the ARMS system to verify the practice logs for that week. In the case of an inconsistency or if you are required to participate in more than the designated weekly limitations, please contact the Sr. Associate Athletic Director for Compliance.

PROFESSIONAL SPORTS AGENTS

To compete in intercollegiate athletics as a student-athlete it is essential that you know the NCAA rules related to professional sports. Any violation of these rules could have severe negative consequences for you and the University. For this reason, NCAA rules concerning agents and professional sports are explained during your compliance and eligibility meeting conducted by the compliance office, held at the beginning of each year. Before meeting with or accepting anything from an agent or advisor you should speak to a member of the compliance staff in order to ensure the agent is registered with the State of Louisiana as well as LSU. Failure to contact the compliance office may result in the loss of your intercollegiate athletics eligibility and/or result in a violation of state laws if it is determined that the agent did not register with the proper entities and/or submit a formal request to your head coach and athletics director at least 7 days in advance of any type of contact with you and/or your family.

As a general reminder the NCAA PROHIBITS a student-athlete from the following while competing for the institution:

- Entering into a verbal or written agreement to be represented by an agent for the purpose of marketing his/her athletics ability or reputation in that sport.
- Entering into a verbal or written agreement with an agent for representation in future professional sports negotiations that are to take place AFTER the individual has completed his or her eligibility in that sport.
- Accepting any benefit (e.g., gifts, vehicle loan, cash, etc.) or service from an agent or "runner" (this rule also extends to family and friend of a student-athlete).

*Violation of the rules noted above may result in permanent ineligibility. Please note: the restrictions above also apply to your family/friends.

FOOTBALL: the Department of Athletics has partnered with Cornerstone Sports Consulting to assist in educating and preparing student-athletes for a potential professional career. Cornerstone works directly with our student-athletes to provide education in areas such as scouting process, agent interviews, agent selection, the draft, etc.



OUTSIDE SPORTS COMPETITION

NCAA regulations state that if you participate in a sport outside of the institution or as a member of an organized team or group during the academic year, you become ineligible in that sport for the remainder of that academic year (except that, in volleyball, the student is ineligible for the following year when the outside competition occurs after the close of the season and, in basketball, the student is permanently ineligible). There are NCAA rules regulating the number of individuals from the same institution that can participate on summer teams. Please check with the Compliance Office before participating on a summer team to ensure that you do not jeopardize your eligibility. NCAA rules do permit you to compete in one game a year in your sport involving players from your former high school and its alumni team, provided such competition takes place during an official vacation period during the regular academic year. In addition, you may participate as individuals in events such as golf and tennis tournaments, and swimming and track meets, provided such participation is approved by the Sr. Associate Athletic Director for Compliance and Head Coach of that sport and does not violate NCAA regulations. An Outside Competition Form must be completed prior to competing on any outside sport team. See a member of the LSU Compliance Staff for a copy of this form.

NCAA RULES AND REGULATIONS

COMPLIMENTARY ADMISSIONS

You are eligible to receive a maximum of FOUR complimentary admissions per event, in your sport. Please note, NCAA regulations prohibit the sale or exchange of your complimentary admissions for items of value. Also, you may not provide your admissions to an agent or runner.

PROCEDURE FOR OBTAINING COMPLIMENTARY ADMISSIONS

All tickets are issued via a pass list and each student-athlete must complete their assignment of guests via the Guest Management ticket system available online at www.lsusports.net/guesttickets. You must log in as a student to the system using your myLSU ID and a password that you create. You must register the name and relationship of the individual that is to receive complimentary admissions within the designated time frame as communicated by the Compliance Staff. Do not use nicknames. You may assign only one admission per individual. Each guest attending the event must present a picture ID prior to admission.

MAXIMUM NUMBER OF COMPLIMENTARY ADMISSIONS

For home games: 4; For away games: 4

Complimentary admissions are given to non-scholarship student-athletes at the discretion of the coach. Managers and trainers may be eligible to receive up to two (2) tickets per contest based on availability. Manager/Trainer tickets may not be transferred to student-athletes or utilized for student-athlete family members.

ATTENDANCE AT HOME GAMES OF OTHER LSU TEAMS

Student-athletes are admitted to all home sporting events by presentation of an LSU Student I.D. card. However, for football games, your name must appear on the student-athlete pass list, prepared by the Sr. Associate Athletic Director for Student Services. Only currently enrolled student-athletes, managers, trainers, and student-athletes that have exhausted eligibility but are still receiving athletics aid may be part of the pass list. No guests are allowed. Abuse of this policy will result in a loss of ticket privileges for the remainder of the season.

Also, please note due to the high demand for student tickets, it is not permissible for student-athletes to purchase season student tickets for football games and remain on the student-athlete complimentary pass list. A computerized comparison will be conducted and any persons who have purchased season student tickets will not be allowed to remain on the complimentary pass list.

HOSTING A RECRUIT

If you are a student-athlete host, it is permissible to provide you with a maximum of \$75 for each day that you host the prospective student-athlete. This is to cover all "actual and necessary" expenses for the prospect, the prospect's parents/legal guardians and the student host (food snacks, movie passes, etc.). If you entertain more than one prospect, you may receive an additional \$40 per day for each additional prospect. Please remember that in accordance with NCAA regulations, you may not be a student host on a required day off and you and your guest(s) are not allowed to go beyond a 30-mile radius of the campus. Also, you may NOT allow the prospect to use your personal car and/or provide money or gifts (t-shirts, souvenirs) with the host money.

In addition to these NCAA guidelines, as a student host, you will be required to complete a Student Host Declaration Form prior to hosting a prospective student-athlete. It is also your responsibility to provide a safe environment for the prospect. The LSU Athletic Department expects that you will not provide alcohol, allow an underage recruit to be in the presence of alcohol, or provide improper access to a facility where it is illegal for the prospect to gain entrance. It is also expected that you will comply with all Athletic Department guidelines governing the recruitment of prospective student-athletes. Failure to do so may result in penalties in accordance with the LSU Recruitment guidelines. For more information, please contact the Sr. Associate Athletic Director for Compliance.

RECOGNITION EVENTS

There is often confusion concerning the types of recognition events that are allowable, as well as travel expenses you may accept in connection with these events. Before accepting such an invitation, check with your coach and a member of the LSU Compliance Staff.

AUTOGRAPHS

LSU has a policy whereby all persons requesting autographs, outside of media day and special autograph sessions, must fill out an Autograph Request Form online. Items autographed by the basketball and baseball coaches are for sale on this website located at lsusports.net under the Compliance tab. Autographs should be personalized to the recipient whenever possible. Student-athletes are not permitted to obtain money or accept any item of value in exchange for providing an autograph or for obtaining the autograph of a fellow student-athlete or coach. Further, do not autograph items or obtain autographed items for charitable events such as auctions without approval from the Compliance Office.



NCAA RULES AND REGULATIONS

NON-PERMISSIBLE BENEFITS

It is important that you do not jeopardize your amateur status by accepting any gift or benefit that is not available to other students at the University, even if the offer is termed "an award." All gifts (or awards) from boosters and/or professional athletics associations are restricted by NCAA rules and regulations, and acceptance of such may jeopardize your eligibility. Most student-athletes think of illegal benefits in terms of accepting gifts or money. While certainly that is one form of an illegal extra benefit, you also cannot: (this is not an exhaustive list)

- Receive more than the allotted number of complimentary admissions;
- Sell complimentary admissions at any price; or
- Receive material benefits that are not available to the general student body.

This means that you should not accept special discounts on purchases or services, or even accept special payment arrangements on any purchases. Be very careful of any "free" or "special" benefits that someone wishes to give you. If you are in doubt about such benefits, check with the Compliance office.



STUDENT-ATHLETE EMPLOYMENT

Per NCAA regulations, it is permissible for a student-athlete to be employed during the academic year and summer, provided the employment opportunity is approved by compliance and all necessary paperwork is completed prior to actual employment. As a student-athlete you must be mindful of the following NCAA regulations regarding employment: compensation is only for work actually performed, at a rate commensurate with the going rate in the locality for similar services and may not be based on the value or utility the employment may have for the employer because of the publicity, reputation, fame or personal following.

GAMBLING

As a reminder, student-athletes are not allowed to gamble on any sport that the NCAA sponsors. Gambling has been defined as: putting something at risk, such as an entry fee, with the opportunity to win something in return. If you are caught gambling on a sport sponsored by the NCAA, you jeopardize your collegiate athletics eligibility.

PROMOTIONAL OR CHARITABLE BENEFIT APPEARANCES

The NCAA allows student-athletes to speak to groups and make promotional or charitable benefit appearances; however, there are some restrictions. A Student-Athlete Appearance Request Form must be completed by the requesting organization prior to any appearance. If you are asked to speak or promote a charitable function, you should refer the person to a member of the LSU Compliance Staff so that the proper permission is obtained. You may not miss classes to attend such a function and you may receive expense money only. This means actual transportation costs or mileage reimbursement and a meal, if appropriate.

OUTSIDE CONSULTANT/TRAINER

As a student-athlete, you may receive athletically related assistance from an individual outside the institution (e.g., consultant, professional instructor, speed coach, hitting coach, etc.) without the individual being counted within our institutional limits, provided the following is met: an LSU staff member is not involved in any way in arranging the activity, LSU coaches (including strength and conditioning) do not observe the activity, the activity does not occur at an LSU facility; payment of all fees (at the going rate) associated with the activity are documented (payments must be made only by the student-athlete directly or their parents/legal guardians) and there are no preferential compensation arrangements (e.g., discount rate, deferred payments). If you plan to use someone outside of LSU to train with during the academic year or summer, proper documentation must be submitted to and approved by compliance prior to workouts taking place.

STUDENT-ATHLETE MEDICAL POLICY

ATHLETIC TRAINING

The Department of Athletics maintains a comprehensive Athletic Training program to ensure quality health care for its student-athletes. More specifically, the Athletic Training staff (i.e., Team Physician and Certified Athletic Trainers (ATC)), while focusing on the prevention of athletic injuries, also provides the care required to evaluate, treat and rehabilitate student-athletes who have sustained injuries or illnesses as a result of participation in scheduled practices, competitions or during travel to and from these events.

Maintaining adequate health care is a shared responsibility between the Athletic Training staff, the coaches, and the student-athletes. The Team Physician, with the assistance of the Athletic Training staff, has absolute authority in evaluating the physical fitness of each student-athlete, to include determining whether a student-athlete with a given injury or illness may participate. Coaches must not only be able to handle emergency situations, but also be willing to implement the instructions given by the Athletic Training staff and abide by medical disqualifications and restrictions. Student-athletes must report any injury incurred during a scheduled practice or athletic event immediately to a member of the Athletic Training staff.

The Athletic Department may only pay for medical expenses for athletically related injuries that occur as a direct result of participation in the intercollegiate athletic program. Participation includes supervised conditioning, organized practice attended by a member of the coaching staff or a Department sponsored game, meet or match. The University may not accept financial responsibility for injuries that occurred prior to enrolling at LSU. Injuries received while voluntarily playing any sport (e.g., intramural, with friends or at home) may be the financial responsibility of the individual.

In addition to the athletically related medical care that is provided to the student-athlete through the Athletic Training program, the University offers quality health care at a minimal cost through the Student Health Center. Services available at the Student Health Center include laboratory and medical care by licensed physicians. For non-athletically related injuries or illnesses, the student-athlete can seek medical care from the Student Health Center if they choose. If the student-athlete goes to the Student Health Center without an Authorization Form, any fees incurred will be their responsibility and will appear as a charge on their fee bill.

OPERATIONS AND USE OF TRAINING ROOM FACILITIES

As of 2019, the Athletic Training Department operates (13) unique satellite athletic training rooms. The Broussard Center for Athletic Training in Tiger Stadium (located between Gates 9 and 10) serves all sports. This primary facility will be open in the mornings for rehabilitation and treatment for all athletes. The 12 other satellite athletic training rooms will open for practice and serve as athletic training room facilities during practice time. The facilities are as follows: (1) PMAC- Women's Basketball Athletic Training Room, (2) PMAC Volleyball Athletic Training Room, (3) PMAC Men's Basketball Athletic Training Room, (4) the Maddox Fieldhouse Track & Field Athletic Training Room, (5) Beach Volleyball Athletic Training Room, (6) the Gymnastics Training Center Athletic Training Facility, (7) the Natatorium Athletic Training Room, (8) the Soccer Complex Athletic Training Room, (9) Tiger Park Softball Athletic Training Room, (10) the Alex Box Athletic Training Room, (11) the Tennis Center Athletic Training Room, and (12) the Football Operations Athletic Training Room. These facilities will open for practice and serve as athletic training room facilities during practice time. Some post-practice treatments will be done at the Broussard Center for Athletic Training. The satellite athletic training rooms will remain open for the duration of the season of the sports they serve.

During the week, the Broussard Center for Athletic Training in Tiger Stadium typically opens at 7:00 am and remains open into the early evening until all scheduled practices, competitions, and clinic hours are complete. A certified athletic trainer is always present or on campus for scheduled practices and competitions for all sports, except golf.

Student-athletes are not allowed in the Athletic Training Rooms without supervision. All therapeutic modalities are administered by a member of the Athletic Training staff, a certified intern, or an athletic training students as the potential risk of misuse and harm exists. When an athletic training room is not in use, the facility is to be locked at all times.

The athletic training rooms are strictly for the use of those individuals involved in the intercollegiate athletics program; however, the facilities are available to visiting teams on an as-needed, courtesy basis.

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ATHLETIC TRAINING ROOM RULES FOR STUDENT-ATHLETES ARE AS FOLLOWS:

- All athletes must be logged into the medical database when receiving treatment
- Report to all treatment and schedule appointments on time
- Do not remove any equipment from the Athletic Training Room without authorization
- You must shower before receiving treatment; this includes anytime you enter the pools in the pool area. There is a shower available in the pool area.
- The athletic training room offices and phones are off limits to athletes unless accompanied by a staff athletic trainer.
- The athletic training room is a coed facility, please dress and act appropriately.
- If there is a violation in the dress code, the student-athlete will be asked to leave. They will be permitted to return once appropriate clothing is worn. When using the pool facility:
 - Males: Clean athletic t-shirt/clean athletic shorts with jock strap, swimsuits
 - Females: Clean athletic t-shirt with sports bra/clean shorts, swimsuits, unitards
- The athletic training room is off limits to spit cups and the use of smokeless tobacco.
- No food and drinks are allowed in the Treatment Area of the Athletic Training Room.
- No cleats in the athletic training room.
- You must be taped, and out of the athletic training room by practice time.
- 20 minute limit in pools (Unless indicated by staff athletic trainer)
- No Horse Play in Pools (If caught, the athlete will not be allowed in the Athletic Training Room a time specified by the staff athletic trainer.)
- Shoes must be removed when on treatment tables
- Computers are off limits to student-athletes
- No parking on the cement pad at the Broussard Center for Athletic Training
- DO NOT park in any handicapped parking around our Athletic Training Facilities as you will be subject to ticketing and/or towing by the University.

STUDENT-ATHLETE MEDICAL POLICY

MEDICAL EXAMINATIONS

All student-athletes participating in LSU's intercollegiate sports program are required to undergo a comprehensive physical examination each year prior to any participation in practice or competition. The examinations are scheduled by the Athletic Training staff and administered by the Team Physician. Scholarship student-athletes and preferred walk-ons are examined at University expense; student-athletes invited to try-out must pay for their initial examination. Once accepted as an official team member, a complete medical evaluation will be done at the University's expense. Upon entering the University, all student athletes that appear on a sport's active roster will undergo an echocardiogram and sickle cell trait testing early in their career.

The walk-on athlete must first report to the coach for permission and a signed form to walk on the team. This form then is brought by the student athlete to the Compliance Department to initiate Clearinghouse protocol. Once this form is signed, they bring it to the athletic training room. At that time, the student-athlete is instructed of the medical requirements for trying out for their specific sport. This form is returned to the athletic training room after the attending physician has signed off. Once signed and approved by a staff athletic trainer, the athlete must then report back to Compliance. The coach will be notified by the Compliance Office when they are cleared to participate.

In addition to pre-participation physicals, a post-season physical examination or exiting physical will be given to student-athletes who participate in athletics, to ensure that the Athletic Training Department is fully aware of the physical well-being of the student-athletes at the end of the season.

MEDICAL RECORDS

An electronic medical record is created at the time a student-athlete joins the intercollegiate athletics program. The file contains appropriate insurance information, medical histories, authorizations, understandings and agreements between the University and the student-athlete and his/her parents or legal guardians, as well as a history of athletically related injuries and illnesses and treatments rendered. The Athletic Training Room does not collect or hold any immunization records for the student. These may be obtained at the Student Health Center Medical Records Department.

MEDICAL CONSULTATION

All medical consultations must be arranged by our Team Physicians (General Practice and Orthopedic) or by a member of the athletic training staff. You CAN NOT see a medical specialist without the consent of a staff athletic trainer and without receiving an authorization form. Seeing any doctor without this form will result in the athlete assuming financial responsibility for the bill.

LSU can financially cover the cost of all testing and medical exams to aid in the diagnosis of an injury or disease. Second opinions outside of our contracted system will require the permission of both the Director of Athletic Training and the Team Physician. This is discretionary and will be granted on a case by case basis. However, we may not be responsible for any surgical procedures or treatments if the diagnosis is not related to or will adversely affect the athlete's participation in sport. Opportunity and Pell Fund recipients will receive separate consideration.

Emergency Room visits that have not been authorized by the LSU Athletic Training Staff are the athlete's financial responsibility.

COMPUTER TRACKING

All of the athlete's pertinent medical history is also tracked in a secure computer program. This database allows the athletic training staff to track times and dates of all visits to the athletic training room for medical treatments, track the progress of rehabilitation as well as any visits to the team physicians and pharmacist. From this database a daily injury report can be generated to inform the coach of the status of any athlete at any date and time. Any paper documents that we receive that are related to medical records are scanned into the computerized medical records.

COVERAGE OF SCHEDULED PRACTICES AND EVENTS

The athletic training staff is responsible for any injury or illness sustained as a result of athletic participation in scheduled practices and games or during travel to and from those events. For low-risk sports, such coverage may be provided by a certified athletic trainer who is on campus with a cell phone. For high-risk sports, coverage is provided at the site of the practice or competition by a certified athletic trainer.

Coverage of practice and events is usually scheduled as follows:

- No athletic training student is ever left providing medical coverage to a practice unless they are in the presence of a certified athletic trainer.
- A certified athletic trainer is present at home competitions for all sport.
- The Team Physicians are present at all football games (both home and away). They are also either present or on-call for home contests for all sports.
- For away contests, a certified athletic trainer travels with the team for the sports of baseball and softball, men's and women's basketball, football, gymnastics, swimming/diving, track & field, men's and women's tennis, soccer and volleyball & beach volleyball. In addition, a Certified Athletic Trainer usually travels for SEC and NCAA competitions.
- The athletic training student may require special permission to travel to away events with the exception of football. Travel is considered a privilege and is permitted on occasion on a case-by case basis. All travel must be approved by the Director of Athletic Training.

All Head Coaches and their assistants are expected to be familiar with the Department's medical policies. Coaches should be equipped to handle emergency situations in the absence of a member of the Athletic Training staff. Such knowledge is not only vital to the welfare of the student-athlete, but it is important in preventing charges of neglect or misconduct from being filed against the coach in charge. The Athletic Training Staff, and the Strength & Conditioning Staff, and Coaching Staff are required by the NCAA to be CPR Certified.

Copies of any medical transcriptions affecting student-athletes at the Student Health Center should be brought back to the athletic trainer.

STUDENT-ATHLETE MEDICAL POLICY

PREVENTATIVE CARE

In addition to providing medical care in injured student-athletes, the Athletic Training staff strives to prevent injuries by identifying risk factors associated with athletic participation, and educating coaches and student-athletes on preventative safety techniques.

It is the responsibility of the coaches, as well as the Athletic Training staff and the Equipment Manager, to make sure that all athletic equipment is in good working order and inspected on a regular basis. Coaches must ensure that each student-athlete is wearing appropriate, properly fitted athletic equipment.

Information is provided to the coaches regarding the appropriate sports regarding clothing, practice duration and appropriate rest and water breaks during practice sessions. Additionally, all coaches should be able to recognize the onset of fatigue, dehydration and heat exhaustion and notify a Certified Athletic Trainer when such an event occurs.

The Athletic Training staff works with the Registered Dietitian and Cafeteria Manager with regards to appropriate training diets. More specifically, every effort is made to provide an adequate number of calories and proper nutrition to student-athletes who are active sports participants. When there are adverse climate conditions, extreme care is used to maintain the proper balance of body weight and fluids intake.

INSURANCE

When insurance claims are made, the athlete/family insurance will become the primary source of payment. Whatever the athlete's insurance does not pay, LSU will become the secondary source of payment. If the athlete/family does not carry any health insurance, LSU will cover the expense of any health care that is a result of participation in the sport. All walk-ons are required to have health insurance prior to participation with Louisiana State University Athletics. Walk-ons are expected to maintain health insurance throughout their time or participation. If their insurance coverage lapses, the student-athlete will be removed from sport until proof of active insurance is provided. A portion of the student fee paid at registration ensures additional medical care through the Student Health Center. Most services are free, but the student may be responsible for lab work, x-rays, and medical procedures if they go without prior authorization from the sport's athletic trainer. The Department also carries hospitalization, accident and travel insurance for use on official trips only.

Any injury that may result in surgery or physical therapy that was not an injury incurred while participating in the athlete's sport may not be financially covered by LSU. Per NCAA Bylaw 16.4.1, Louisiana State University under the direction of its Medical Team (Athletic Trainers, Team Physicians and consulting physicians) shall provide care to a student-athlete for an athletically related injury incurred during his or her involvement in intercollegiate athletics for the institution. The period of care begins with the initial pre-participation examination and shall extend at least two years following either graduation or separation from Louisiana State University or until the student-athlete qualifies for coverage under the NCAA Catastrophic Injury Insurance Program, whichever comes first. Louisiana State University has the discretion to determine the method by which it will provide medical care, method by which it determines whether and injury is athletically related and any policy deemed necessary for implementing the medical care.

An exit physical examination is required for any student-athlete that has participated in intercollegiate athletics for Louisiana State University. Medical coverage for those documented injuries will only be the financial responsibility of Louisiana State University pending documentation on the exit examination. The provided medical treatment and/or care must be done under the care and direction of Louisiana State University's Medical Team. Arrangements will be made at the discretion of the Medical Team. Any injury that may result in treatment that was not an injury that occurred as a result of participation in intercollegiate athletics for the student-athlete's sport may not be the financial responsibility of Louisiana State University. If the student-athlete fails to complete an exit examination within 45 days upon separation from Louisiana State University. They will be considered "without injury."

TREATMENT OF ILLNESS OR INJURY

All injuries and illnesses are to be reported immediately to a Certified Athletic Trainer for emergency first aid and evaluation. When treatment is required to augment Athletic Training Room services, the Athletic Trainer evaluates and treats the student-athlete to the extent possible in the Athletic Training Room and then refers the student-athlete to the Team Physician for further medical diagnosis and prescribed treatment. The Team Physician, or his designate, evaluates all athletic injuries and refers student-athletes to specialists, when appropriate. All referrals for off-campus and/or student health center medical care must be authorized in advance by a Certified Athletic Trainer. If the student-athlete is seen without staff approval and without authorization form, the student-athlete will be financially responsible for the bills that may be incurred.

The LSU Authorization Form is used to document all medical referrals for athletically related illnesses or injuries. The authorization may also be used in the event the physician elects to send the student-athlete to a local hospital or other medical specialists. An Authorization Form can be obtained from the athletic trainer.

REHABILITATION

LSU does not automatically assume the medical costs for pre-existing injuries. In order for a signer/ incoming student to receive treatment for a pre-existing injury that was sustained prior to enrollment at LSU, the student-athlete must have signed an athletic scholarship and be enrolled at LSU as a full-time student.

Any rehabilitation of injuries must be performed at LSU. LSU can pay for housing costs while the athlete remains under the care of the team physicians or athletic trainers. If the situation arises where the athlete must go home, for whatever reason, it will be left up to the athletic training staff's discretion as to how to go about arranging for the need for physical therapy.

STUDENT-ATHLETE MEDICAL POLICY

MEDICATION

Notify the athletic training staff of all medications that you are currently taking, who prescribed it, and for what condition. If you feel you have a need for medication, whether over the counter or prescription, contact the head athletic trainer or a member of the athletic training staff.

Prescriptions can be filled by the team pharmacist in the Broussard Center for Athletic Training. They are generally filled that evening. If you see a physician at the Student Health Center we ask that you bring your prescription back to your athletic trainer to coordinate filling. You must return your Student Health Center referral form to the athletic training room upon completion of your visit. On occasion medication will need to be filled at an off-site, contracted pharmacy. An authorization form must be used to obtain these prescriptions.

NCAA Banned Medications

The NCAA list of banned drug classes is composed of substances that are generally reported to be performance enhancing. The NCAA bans performance enhancing drugs to protect student-athlete health and safety and ensure a level playing field, and it also recognizes that some of these substances may be legitimately used as medications to treat student-athletes with learning disabilities and other medical conditions. Accordingly, the NCAA allows exceptions to be made for those student-athletes with a documented medical history demonstrating the need for regular use of such a drug. The benefit of a medical exception procedure is that in most cases the student-athlete's eligibility remains intact during the process.

In all cases, a student-athlete, in conjunction with his or her physician, must document that other non-banned alternatives have been considered prior to requesting the medical exception for the use of a medication containing a banned substance. It is the responsibility of the institution to educate student-athletes about this policy, and to follow-up with any student-athlete who identifies the use of a banned medication to determine if standard non-banned medications have been pursued and documented. In order for a student-athlete to be granted a medical exception for the use of a medication that contains a banned substance, the student-athlete must: 1) have declared the use of the substance their Certified Athletic Trainer responsible for keeping medical records; 2) present documentation of the diagnosis of the condition, and 3) provide documentation from the prescribing physician explaining the course of treatment and the current prescription.

In order for a medical exception to be granted for the use of these stimulant medications, the student-athlete must show they have undergone standard assessment to identify ADHD. Frequently a student-athlete may find that the demands of college present difficult learning challenges. They may realize that some of their teammates are benefiting from the use of these medications, and figure they should ask their team physician or family doctor to prescribe the same for them. If they do not undergo a standard assessment to diagnose ADHD, they have not met the requirements for an NCAA medical exception. Once their concerns are relayed to the academic advisers or an athletic training staff member, the general screening and appropriate educational assessment testing may be warranted. Student-athletes who do not report taking stimulant medication and for whom no medical documentation is on file will be ruled ineligible to compete if the substance is detected on an NCAA drug test. It is imperative that they communicate any medications they are taking to your Athletic Trainer. Failure to report all prescriptions and acquire appropriate documentation will render the student-athlete ineligible to compete. Student-athletes should see their Athletic Trainer to direct them to the proper personnel to assist.

Medication Safety:

Patients should take their prescribed medications only for as long as it is prescribed, in the amounts prescribed, and no more frequently than described. It may be dangerous, even life threatening, to take certain medications inappropriately. If the student-athletes have any questions on how their medication should be used, they should consult their physician or certified athletic trainer. Due to the potential health hazards and legal issues that could arise if using certain medications, the student-athlete will likely be asked to sign a statement that informs them of the risks of taking and/or abusing certain controlled medications once prescribed.

DENTAL CARE

LSU will not be financially responsible for teeth cleaning or any other dental work unless the work is a result of an injury that occurred while participating in sports at LSU. Pell Grant and Opportunity Fund recipients will receive separate consideration.

Dental work may be performed on site in the Athletic Training Room Dental Lab or at a contracted dental office.

EYE CARE

- LSU will pay for corrective contact lenses or glasses if
- corrective measures are needed in order to enhance
- vision. Corrective glasses may be provided even if they
- are not worn during participation in sport. The Athletic
- Training Department will cover the cost of glasses
- up to \$200 with the remaining balance to be paid by
- the student-athlete. The physician will determine the
- need for any specialty lenses (disposable lenses, gas
- permeable, single day / extended wear lenses, soft
- / hard lenses). Special consideration may be made
- for those athletes eligible for financial support. If
- the student-athlete loses or damages their lenses or
- glasses during practice/games, they must report it
- immediately, as the Department is allowed to replace
- them. Our team ophthalmologist is available at their
- office and this can be coordinated by the athletic
- trainer.

STUDENT-ATHLETE MEDICAL POLICY

CONCUSSION MANAGEMENT POLICY

LSU is committed to the prevention, identification, evaluation and proper management of concussions. While we recognize that the medical staff plays an important role in the identification of concussions, all student-athletes are equally responsible for notifying the medical and athletic training staff if they believe they may have suffered a concussion. A coordinated effort will always be made between the medical staff, coaching staff, equipment managers and the student-athlete to ensure the health and safety of the individuals involved in the athletic program at LSU. The following policy and procedures will be adhered to by all involved in the medical care of the student-athletes.

PRE-PARTICIPATION MANAGEMENT

To ensure the proper evaluation of all student-athletes over the time that they are at LSU, a baseline concussion assessment will be performed on each student-athlete. This extensive assessment tool will involve the following:

Brain Injury and Concussion History

- General medical questions on each student-athlete's history of actual or possible concussions will be asked on the pre-participation physical examination. If a history is identified, an addendum will be completed by the student-athlete that details the significance of his or her head injury history. This addendum is to be reviewed by the team physician before final participation clearance is granted. Pre-participation physical exams are performed annually by our team physicians. Final medical clearance to participate will be determined by the team physician.

Evaluation

- A variety of assessment tools will be used in the baseline evaluation so that a current snapshot of the student-athlete prior to concussion can be documented. A computerized neurocognitive tool (C3 Logix or similar module) will be completed by all student-athletes. These baseline scores for cognitive functioning and balance will be documented and used as a reference point in the event that a concussion is sustained or suspected.

STUDENT-ATHLETE

As part of Pre-Participation Physicals, all student-athletes will be asked to complete a number of forms that request disclosure of any concussions (no matter how mild) they may have suffered prior to enrollment at LSU. In addition to discussing their concussion history with a team physician, LSU student-athletes will receive concussion education in the form of a flyer given at the time of physicals (Student-Athlete Statement of Accountability). This flyer provides critical information regarding the facts, signs and symptoms, and the seriousness of concussions. A copy will be kept on file as a part of the Pre-Participation documentation. In addition, posters that are distributed annually by the SEC to provide education to student-athletes and coaches on concussions will be placed in strategic areas in the locker room and/or athletic training rooms at athletic facilities.

COACHES

At the beginning of the Fall academic year, a presentation will be delivered by the Director of Athletic Training to the Athletic Administration as well as the coaching staff that educates them on the significance and seriousness of concussions. The coaching staff will receive an educational flyer and will sign the Coaches Statement of Accountability acknowledgment form as assurance that they have a general understanding of how concussions can be prevented or how to minimize exposure as well as the impact that concussions have to the short and long term health and well-being of their student-athletes. A copy will be kept on file with the Compliance Department as a part of the annual Athletic Department meeting

RECOGNITION AND DIAGNOSIS OF CONCUSSION:

1. Medical coverage shall be provided by a certified athletic trainer and/or team physician who have been trained in the diagnosis, treatment, and initial management of acute concussion. This on-site coverage will be provided for competition as well as practice for the following sports: football, basketball, track & field, and soccer. All remaining sports will have medical coverage by either an on-site certified athletic trainer or be available via telephone messaging, email, or other communication means.
2. If a possible concussion has occurred and an initial assessment by a certified athletic trainer or team physician has been completed, the student-athlete will be removed from practice or competition until a complete and full evaluation by a team physician has occurred. It will be necessary to withhold the student-athlete for at least one calendar day if a diagnosis of concussion is confirmed.

INITIAL SUSPECTED CONCUSSION EVALUATION

1. Once removed from play or practice, a clinical evaluation must be completed. A physical and neurological exam will be done to determine the significance of the injury. Once it is deemed safe to continue the assessment, additional evaluation tools will be utilized.
2. The most current version of the SCAT evaluation tool will be implemented to determine the current cognitive state of the student-athlete.
3. A portion of the evaluation will be directed towards balance and more advanced measures of cognitive ability.

POST-CONCUSSION MANAGEMENT

If the situation warrants advanced emergency medical care, the Emergency Action Plan will be activated. If immediate transportation to the hospital is necessary, EMS will be called and the team physician will be contacted and fully informed of the student-athlete's current status. The certified athletic trainer will work directly with the team physician in the monitoring of the student-athlete's current medical status or possible deterioration. If any of the following signs are present, the need for emergency medical transport should be imminent:

1. Glasgow Coma Scale <13
2. Prolonged Loss of Consciousness
3. Focal Neurological Deficit suggesting Intracranial Trauma
4. Repetitive Emesis
5. Persistently diminishing/worsening mental status or other signs and symptoms
6. Spine Injury

STUDENT-ATHLETE MEDICAL POLICY

CONCUSSION MANAGEMENT POLICY CONT.

FOLLOW-UP CARE

- Once the student-athlete is deemed safe to be released from the care of the medical personnel, they may be released to a responsible individual that will be able to follow basic instructions to assist in the monitoring of the athlete.
- A Concussion Care Packet will be given to an individual who will be caring for the concussed student-athlete. The name of the individual providing care as well as his or her relationship to the student-athlete will be documented in the medical database.
- A self-report concussion symptom scale in addition to routine evaluation will be completed within the first 24 hours. Subsequent symptoms scales and evaluations will be done daily or at the request of the team physician.
- If the doctor feels it is warranted, a prescription of DHA/EPA may be given to aid in the recovery and inflammation process that could occur with

a concussion. Dosing will be supplemented for at least 3 weeks after insult. The ATC staff will administer supplements during the initial three-week recovery phase. A copy of the letter/RX will be kept in the student-athlete's permanent medical records. The protocol for dosing is listed below:

Week	Dose	Frequency
One	3g	3X daily
Two	3g	2X daily
Three	3g	1X daily

- Additionally, prophylactic treatment may be suggested to reduce the severity of future trauma per recommendation of the sports medicine staff. This dosage may range from a daily dose of between 2-4g of omega-3. RDs or ATCs can distribute maintenance doses of omega-3.

RETURN TO LEARN:

After a concussion diagnosis is made, it is mandatory that a student-athlete will have full cognitive rest for the day of injury. This will include no class, study hall, meetings, etc. After day one, the student-athlete will have an individualized plan for when he or she will return to these activities. This plan will be developed and monitored by the team physician based on the student-athlete's presentation. In the event a student-athlete has any return or worsening of symptoms due to resuming activities he or she will immediately stop the activity and return to full rest. In the event the student-athlete has prolonged symptoms, the student-athlete's athletic trainer, academic advisor, and team physician will develop an individualized comprehensive plan. These accommodations are provided to the student-athlete under the Americans with Disabilities Act Amendments Act of 2008.

A note will be provided by the attending physician to verify potential academic absences. If it is determined

MEDICAL STAFF

At the beginning of the Fall pre-season, the medical staff and all ATCs will familiarize themselves with the policies and procedures for concussion management. Any procedural changes will be discussed at this time. The medical staff will sign the Medical Team Statement of Accountability acknowledgment form to remind them of the responsibility they have to identify, manage, and safely return to play the student-athletes at LSU. A copy will be kept on file with the Compliance Department as a part of the annual re-education process.

RETURN TO PLAY:

The concussed student-athlete will not be permitted to return to any physical activity until the signs and symptoms have diminished. During this phase of recovery, there will be close communication with the team physician and/or medical staff. Once a decision is made to return the student-athlete to activity, it must be staged in incremental progression to ensure that a return of signs or symptoms does not occur. If at any point signs and symptoms reappear, cease physical activity and refer the student-athlete to the medical staff for follow-up plan. It is the student-athlete's responsibility to make the certified athletic trainer and team physician aware of the return of any concussion signs or symptoms. At the point in which the student-athlete is being returned to sport and where contact is likely, a different colored jersey should be worn to help identify the student-athlete when he or she has not been cleared for full contact. This off-setting colored jersey will help to remind coaches and fellow student-athletes that they should be avoid activity that could lead to direct head contact.

An example of a return to play progression is as follows:

- Light biking on stationary cycle for approximately 10-15 minutes or unless symptoms of concussion reemerge.
- Walking on treadmill with a slow progression in speed and elevation until at a jogging pace.
- Remain jogging for approximately 10 minutes and remain symptom free.
- Sport-specific exercises and light drills without head contact. These exercises are meant to mimic activities of the sport. Continue with drill type activity for approximately 15 minutes or until symptoms reoccur.
- Non-contact practice can begin and monitored closely. If at any time during practice symptoms return, immediate removal must occur. Follow up with medical staff and/or team physician is required.
- Consideration may be given to return athlete to resistive weight training activity under close monitoring.
- Final medical evaluation and cognitive reassessment testing done to evaluate ready to return status.
- Return to practice and competition.

that recovery could linger, coordination between the Learning Specialist at the COX Academic Center for Student-Athletes and the Athletic Trainer will occur for short-term disability services to be activated. The Director of Wellness can assist in completion of the required Office of Disability Service (ODS) paperwork. Some of the more frequently requested accommodations are:

- Extended Time
- Distraction-Reduced Environment
- No Scantron
- Consideration for Absences
- Class Notes

If the accommodations that are not able to be managed by our prescribed requests, further collaboration with the COX Academic Learning Specialists and/or ODS will be utilized as per ADA requirements.

PROLONGED RECOVERY CARE

If there is not considerable or consistent improvement in the self-reported signs and symptoms of the concussion or an improvement in the evaluation outcome after 7 days, follow-up imaging and/or referral to a neurologist will be considered. Additional diagnoses include but are not limited to:

- Post-Concussion Syndrome
- Sleep Dysfunction
- Migraine or Headache Disorder
- Mood Disorders such as Anxiety or Depression
- Ocular or Vestibular Dysfunction

STUDENT-ATHLETE MEDICAL POLICY

STRENGTH AND CONDITIONING PROGRAM

The Strength and Conditioning Staff provides the latest and most proficient programs available, while maintaining the highest safety standards. The department has two main strength and conditioning facilities, North Stadium Weight Room and Football Operations Weight Room, which are used by LSU student-athletes. There is also an auxiliary weight room located at the LSU Track and Field Stadium.

HOURS OF OPERATION

The weight rooms are open for the use of student-athletes and departmental staff. Friends and acquaintances may not use these facilities. Access to the strength and conditioning facilities is restricted to operating hours that are designated by the strength staff. If you would like additional information on the Strength and Conditioning Program, call 578-1150 for the Football Operations Weight Room and 578-9212 for North Stadium Weight Room.

SAFETY

The strength and conditioning facilities are safe as long as common sense is utilized. Always think cautiously when performing any exercise. The weight rooms were established so you would have the opportunity to become stronger and more injury resistant. They are not places where injuries should occur. If an injury should occur, immediately contact the nearest Strength and Conditioning Staff member. An Athletic Trainer will then be called to evaluate the injury. If the injury is severe, the Student Health Center or Emergency Room is utilized.

WEIGHT ROOM RULES

If you violate the established rules, you may be denied use of the facility for a specified period of time. If this happens, your coach is notified. Weight room rules for student-athletes are as follows:

1. Only authorized personnel are allowed to use the weight room.
2. Users must adhere to scheduled workout times within weight room open hours unless prior arrangements are made with the strength staff.
3. Scheduled users have priority over non-scheduled users on weight room space and equipment.
4. Spotters and barbell collars should be used for all near-maximum-effort lifting.
5. All supplements including PowerAde, vitamins, bars, fruit, and nuts are to only be used by current LSU student-athletes.
6. Other than PowerAde and supplements provided by the strength staff, food and drinks are not allowed in the facilities.
7. Use of cell phones, iPods, or other electronics is not allowed during scheduled workouts.
8. Tobacco, spitting, foul language, horseplay, and dancing are not allowed.
9. Only LSU issued clothing and gear are to be worn in the weight rooms unless otherwise approved by the staff.
10. Athletic shoes, shirt and shorts/sweats are mandatory. Open-toe shoes, muddy shoes and metal cleats are not allowed. Wearing jewelry and hats may be restricted by the strength staff.
11. Dumbbells are not allowed to be dropped on the floor.
12. All equipment must be immediately returned to its proper placement at the end of its use.
13. All cups and trash must be disposed of at the end of a workout, and used towels must be deposited in the dirty bin at the end of a workout.
14. The Strength and Conditioning staff is not responsible for personal items.
15. Only a member of the Strength and Conditioning Staff may adjust the TV/stereo system.
16. Only music deemed appropriate by the Strength and Conditioning Staff will be played in the weight rooms.
17. No student athlete is allowed access to the Tiger Stadium ramps or bleachers without a Strength and Conditioning Coach and Athletic Trainer present.
18. A member of the Strength and Conditioning Staff must always be present for workouts in the weight rooms.
19. A member of the Athletic Training Staff must always be available or present for all strength and conditioning activities.
20. If you are injured/ill and unable to perform your designated program, you must see a member of the Athletic Training Staff prior to reporting to the Strength and Conditioning facility.
21. Making up workouts missed for any reason is at the discretion of the Strength and Conditioning Coach.
22. Be respectful of the facility at all times and keep it clean.
23. In the event of a disciplinary problem, the Strength and Conditioning Staff have the authority to eject an athlete from the facilities.

NUTRITION & NUTRITIONAL SUPPLEMENTS

LSU's Athletic Training Department has 3 full-time Registered Dietitians (RDs). They provide the student-athlete with a variety of services including: team nutritional education, one-on-one dietary counseling, body composition assessment, and a host of other services. Their offices are located on the 2nd floor of the Broussard Center for Athletic Training and they can meet by appointment however, walk-ins are welcomed.

The NCAA has a list of banned substances on their website (www.ncaa.org) under Health & Safety and we encourage the student-athlete to become very familiar with the dangers of using nutritional supplements, especially those not approved by our medical personnel or registered dietitians. Supplements that are provided by LSU have all been approved and are free of NCAA banned substances. However, since no one can guarantee the safety of the thousands of supplements available on the market, the student-athlete is encouraged to use with great caution. Student-athletes are permitted to use the supplements provided by the LSU Strength and Conditioning Center. They do not have to take any vitamin or supplement that they do not feel is needed. If the student-athlete has any questions or concerns about the use of supplements, please speak with the Team Physicians, the Director of Wellness or the Sports Dietitians in the Athletic Training Room (578-2050). The Director of Strength and Conditioning will be your contact in the weight room, 578-1150.

STUDENT-ATHLETE MEDICAL POLICY

ADAP (ATHLETIC DEPARTMENT ASSISTANCE PROGRAM)

This multi-disciplinary program is divided into three basic components: education, drug testing, and intervention/referral. ADAP offers extensive drug education that consists of a training program designed to alert the staff to the types of behavior that might indicate intervention is needed. Also, a screening is used to detect high-risk student-athletes entering the athletics program. There are clinical counselors on staff to privately give professional help and counseling to any student-athlete who needs it.

ADAP has been specifically implemented with the student-athlete in mind to assist them in overcoming any kind of problems or obstacles they may have. The student-athletes are encouraged to utilize the personal and confidential help available. Please call the Director of Sport Psychology & Counseling. Some of the areas that ADAP concentrates on are:

- Mental Health and Sports Performance
- Weighing & Body Composition Measurement of Female Athletes
- Pregnancy
- Drug Testing and Prevention

Substance Abuse Policy Purpose

With a medical model in mind, ADAP will utilize the Substance Abuse Policy to assist the Athletic Department and student athletic population by promoting a functional and thriving athletic environment that is devoted to the health and welfare of the athletic population. A portion of ADAP's program incorporates a mandatory, year-round substance abuse testing program.

All student-athletes (scholarship and non-scholarship) on an active roster are subject to year-round substance abuse testing by the LSU Athletic Department. This includes student-athletes who have exhausted eligibility and continue to receive an athletics scholarship. Athletes who apply for extended aid are also subject to random substance abuse testing. Athletic training students, student managers, cheerleaders and Tiger Girls are also subject to this policy. For the remainder of this policy, the student-athletes and student groups listed above will be referred to as student athletic population or students.

Consistent with the policies of Louisiana State University and the NCAA, the LSU Athletic Department expressly prohibits the use, sale, or distribution of all illegal substances by its student athletic population and staff. Comprehensive substance abuse testing procedures are used by the Athletic Department including all legally acceptable measures (urinalysis testing, hair sample analysis, oral swabs, breathalyzer, etc.). Substance abuse testing will assist in detection of pre-prescription drugs and NCAA Banned Substances.

While it is understood that use/abuse of substances can simply be a lifestyle choice, it is clear that many such behaviors may also be a function of medical or clinical conditions. Although certain punitive measures may be employed in the management of substance use/abuse issues, ADAP has been specifically implemented with the student-athlete in mind to assist you in overcoming any kind of problems or obstacles you may have. You have personnel and confidential help available to you. Please call Director of Wellness at 578-8642 or our Drug Prevention Coordinator at 225-578-3894.

DRUG TESTING

Because of the Department's concern for your health and well-being, as well as for the integrity of the intercollegiate athletics program, a comprehensive drug-testing program has been implemented. If you have questions concerning Drug Testing or what constitutes an NCAA Banned substance, please contact the Director of Wellness.

CONSENT/WAIVER FORMS

At the beginning of each academic year, you must sign the Informed/Consent Statement to be eligible to compete. By signing this, you are confirming that you have been informed of the Department's drug policy and consent to undergo drug testing throughout the year.

IF YOU CHOOSE NOT TO SIGN THE CONSENT FORM, YOU WILL NOT BE PERMITTED TO PARTICIPATE IN INTERCOLLEGIATE ATHLETICS.

EDUCATION

The LSU Athletic Department considers education to be an important part of its Substance Abuse Policy. The NCAA and LSU Athletic Department Assistance Program (ADAP) Substance Abuse Policy and substance abuse testing guidelines will be thoroughly covered at the mandatory orientation held annually for all students within the athletic student population. In addition, each student will receive a Student-Athlete Handbook that contains the full policy. Student-athletes are also required to sign consent forms for substance abuse testing for both the NCAA and LSU annually.

Educational in-services will be offered to the athletic student population throughout the year. In-services will be offered in the areas of substance abuse prevention and education and will be coordinated by the ADAP staff. All athletic personnel, particularly Head Coaches, will cooperate in making sufficient time available during team meetings for ADAP sponsored presentations. The Drug Prevention Coordinator is the primary contact for the ADAP program. Coaches involved in the recruitment of prospective student-athletes should ensure that prospects are aware of the LSU Athletic Department Substance Abuse Policy.

STUDENT-ATHLETE MEDICAL POLICY

POLICY FOR WEIGHTS, DEXA SCANS, AND SHARING INFORMATION WITH STAFF

The goal of this policy is to improve continuity of care for our student-athletes pertaining to weight and body composition measurements taken while participating at Louisiana State University (LSU). Providing pertinent information to coaches and support staff, while fostering thorough communication is vital to the success of our athletic programs. With sensitive information also comes great responsibility. Trust must be earned and maintained. If weight or body composition information is used in an insensitive manner that may put a student-athlete at increased risk for disordered eating behavior, the LSU Athletics Administration will take disciplinary action with the offending parties and the privilege of receiving anthropometric data will be revoked.

FEMALE ATHLETES

While all student-athletes must be treated with care, research shows that females are at greater risk of relative energy deficit in sport (REDS). Because of the developmental age of our female student-athletes, special attention must be given to minimize risk of disordered eating behavior. The long-term repercussions of failing to do so are severe and often irreversible. Because of this, female weights will only be provided to coaches in conjunction with body composition testing 3 times per year.

Repeated weighing or body composition assessment for reasons other than medical can put female athletes at risk for the development or continuation of disordered eating, menstrual disorders, and osteoporosis ("Female Athlete Triad"). These conditions have been shown to seriously impact the performance and overall health of female athletes currently and in later life. Coaches should be aware of the significant influence they have on their athletes, and understand that the assessment of weight or body composition in a female athlete is not necessarily a benign process.

WEIGHTS

A registered dietitian (RD), certified athletic trainer (ATC), strength coach, or team doctor may take weights on student-athletes when appropriate. Examples of appropriate situations may be in conjunction with dietetic consultations where documenting changes in weight is necessary to track progress or because sport demands warrant weight tracking as part of safety precautions for the student-athlete. Weights will be recorded by the aforementioned staff members. Frequency of weigh-ins will be established for teams individually by their respective interdisciplinary team. If the student-athlete has a history of disordered eating or will be caused undo psychological stress by knowing his/her weight, the student-athlete will be weighed blind and the staff member will record the weight for future treatment reference.* If coaches wish to receive weight and body composition information about their athletes, they must schedule a meeting with their assigned RD, who will provide that information and assist in the interpretation of the numbers.

DUAL ENERGY X-RAY ABSORPTIOMETRY (DEXA) SCANS

DEXA scans may be performed up to 3 times per athlete per year. Teams will be scheduled together in blocks of time. Coaches, ATCs, strength coaches, and student-athletes may not request a DEXA scan at will throughout the year unless a pending surgery or an injury warrants it. Keeping teams on the same scanning schedule year-to-year will make tracking trends of health and performance much more reliable.

A certified DEXA scanner will perform the tests. That individual will be a member of the kinesiology staff or a sport RD. Student-athletes will be scanned but not given any results at the time of the scan since interpretation is required. Scans will be analyzed in a timely manner, and results will be given directly to the RD working with that team. Student-athletes will be given results by the RD in a private setting if that student-athletes wishes to know his/her body composition.

Weight, body fat percentage, total pounds of body fat, total pounds of muscle mass, and bone mineral density may be shared by the RD with the ATC, coaches, and strength coaches in a private meeting. If the student-athlete has more than one DEXA scan on file, the RD may choose to present change over time as well as raw data to facilitate the discussion of trends for that student-athlete. More interdisciplinary meetings may be scheduled as needed to discuss progress between scans; discussion of this data must remain within the confines of these meetings.

EXPECTATIONS

Coaches MAY NOT discuss individual weights or body composition directly with a student-athlete. If anyone on staff has concerns about a student-athlete's body weight or body composition, those concerns should be voiced in private to the interdisciplinary team (RD, ATC, and strength coach) who will then coordinate an appropriate intervention. Coaches will be involved in the development and execution of this plan.

*In the event that an eating disorder presents, the student-athlete will be referred to the eating disorder treatment team and the student-athlete will be treated individually.

VIOLATIONS

Violations of this policy will result in a meeting with the Athletic Director and disciplinary action as deemed appropriate including, but not limited to, written sanction, suspension from coaching activities, or release from coaching responsibilities.



STUDENT-ATHLETE MEDICAL POLICY

LSU SPORTS NUTRITION

LSU's Athletic Training Department has 3 full-time Registered Dietitians (RDs). They provide the student-athlete with a variety of services including: team nutritional education, one-on-one dietary counseling, body composition assessment, and a host of other services. Their offices are located on the 2nd floor of the Broussard Center for Athletic Training and they will see you by appointment however, walk-ins are welcomed.

REFERRALS

STUDENT-ATHLETES

Student-athletes in need of a nutrition consult are free to individually contact the Sports RD and set up an appointment.

ATHLETIC TRAINERS

Athletic Trainers are encouraged to meet with the Sports RD regarding a student-athlete who:

- o Has a medical condition affected by diet (i.e. diabetes, celiac disease, GERD, etc.)
- o Experiences low blood sugar episodes on a regular basis
- o Requires help managing weight
- o Has lost or gained a significant amount of weight in a short period of time
- o Shows signs of disordered eating or an eating disorder
- o Talks excessively about dieting or body image
- o Experiences a major injury that may alter his or her calorie/nutrient needs
- o Experiences a stress fracture
- o Has been prescribed medication with any food/nutrient interactions
- o Shows signs or symptoms of nutrient deficiency (i.e. anemia)
- o Inquiries about dietary supplements

Once the ATC and RD have met, and it is determined a consult is needed, the ATC should speak with the student-athlete addressing the issue and work together in setting up an appointment with the RD.

COACHES

Team coaches and Strength & Conditioning coaches are encouraged to refer the student-athlete to the Sports RD for any diet or nutrition-related issue. Coaches can either:

- o Directly refer student-athlete to the Sports RD
- o Contact or meet with the Sports RD regarding the athlete
- o Meet with the Athletic Trainer, who will then speak with the Sports RD



SERVICES

Athletic Trainers, Team coaches, Strength & Conditioning coaches, and Coordinators of Operations can request and implement the services provided by the Sports RD for their sports team. These services include:
Team Services

- Team nutrition education and presentations
- Team food demonstrations- Contact Sports RD to set up demo with your team.
- Nutrition screening during the pre-participation physical
- Individual nutrition consults
- Body composition measurement & analysis (body weight, body fat % (Bod Pod/Tanita))
- Grocery store tours
- Fueling strategies during team practices
- Pre-game and Post-game meal and menu planning
- Half-time refueling stations/strategies
- Recommendations for NCAA permissible foods, beverages, supplements
- Meal/snack timing strategies
- Dietary supplement evaluation
- Team Travel Services
 - Travel meal and menu planning
 - Restaurant menu evaluation and suggestions
 - Travel snacks from Sports RD (see procedure for requesting team food)

FUELING STATIONS

Fueling Station foods are to be utilized by the athletes as supplemental snacks (NOT MEALS) throughout the day.

- **Hot breakfast sandwiches** will be served beginning at 7am, Monday-Friday each week at both COX and Football Operations, unless school is dismissed
- **Football Operations** fueling station will be staffed to serve smoothies and other snacks from 7:00am-5pm, Monday-Friday.
- **Stadium Weight Room** fueling station is a grab and go station only. Hours of operation are determined by the hours of the weight room.
- **Cox Academic Center** fueling station is a grab and go station with hot breakfast and night snack available. It also has a variety of nutritional handouts and educational fact sheets athletes may utilize at their leisure.

Student nutrition interns and volunteers are responsible for keeping fueling stations clean and stocked.

STUDENT-ATHLETE MEDICAL POLICY

SUBSTANCE ABUSE

The following are the goals of the LSU Substance Abuse Policy:

- To protect the health and well-being of the student athletic population.
 - To educate the student athletic population about the harmful effects and unethical nature of substance abuse and performance enhancement substances.
 - To deter the use/abuse of illegal and harmful substances in our student athletic population.
 - To prevent substance abuse in our athletic community.
 - To identify, for the purpose of helping, those in the LSU athletic student population misusing substances of abuse.
 - To maintain the integrity of intercollegiate athletics by ensuring fair competition.
-

ALCOHOL ABUSE

While it is recognized that alcohol use in moderate amounts by those of appropriate age may be legal, it is the desire of the LSU Athletic Department to discourage its misuse. Alcohol is one of the most highly abused substances and its misuse may contribute to serious legal issues and addiction. Alcohol is prohibited during all LSU sanctioned events including team events, practice, competition and travel when representing LSU.

a. In accordance with the law, all legal infractions for alcohol-related incidents including DUI, Minor In Possession (MIP) or other alcohol citations, will be deemed a full violation of the Substance Abuse Policy.

b. In cases where a student is involved with an alcohol-related incident(not legal infraction), if the alcohol level meets the definition of legal intoxication under Louisiana law, the student will be deemed to have a probationary violation of the Substance Abuse Policy and be required to meet with a mental health professional for evaluation/treatment.

c. If a breathalyzer is issued by LSU and yields a positive result that meets the legal definition of intoxication under Louisiana law***, the student will be deemed to have

a Probationary violation of the Substance Abuse Policy and required to meet with mental health professional for evaluation/treatment.

***The legal definition of intoxication under Louisiana law, when measured by a breathalyzer is .02 for a minor (under 21). For an adult (21+), a result of .08 or higher is the legal standard.

d. Any student who is issued any Alcohol violation under the Substance Abuse Policy must successfully comply with the prescribed education and/or treatment protocols outlined by the LSU Athletic Department (through its professional staff or consultants). Failure to comply will result in withholding from athletics participation.

e. Students are advised that many over-the-counter cold/cough medications may contain alcohol. When using products that contain alcohol, it is important not to exceed the recommended dosage and check with Athletic Trainer or medical doctor prior to taking.

USE OF UNAUTHORIZED DRUGS

Do not use unauthorized drugs. LSU has a strict policy on this issue. A detailed discussion of the Department's Drug Testing Program, and the implications of positive drug screening results, are found in this section of this handbook.

Unauthorized drugs include NCAA banned substances that are often found in supplements that can be purchased over-the-counter. It is important that the Athletic Trainer review all supplements and approve usage. Also, remember that you may not take prescription medication that was not prescribed for you.

PRESCRIPTION DRUG POSITIVE TESTS

Students must have a current, valid prescription from a licensed physician in order to take prescription medications. Students will be assessed a substance abuse policy violation under any of the following circumstances:

- Taking another person's prescription medication.
- Taking prescription medications without a valid prescription.
- Taking prescription medications without a current prescription.*

*If a student is not under the care of the medical staff for an injury/illness, the student should not utilize his or her previously prescribed medication without clearance from a physician. Personal medications on the NCAA list of banned substances over a year old, taken without medical approval, will result in a positive violation of the LSU Substance Abuse Policy.

MEDICATION AND USE SUPPLEMENTS DECLARATION

Students must declare any of the following at the time of collection:

- All prescriptions.
- Over-the-counter medications.
- Nutritional supplements.**

Many nutritional supplements contain substances banned by the NCAA. In addition, the US Food and Drug Administration (FDA) does not regulate the supplement industry; therefore, the purity and safety of nutritional supplements cannot be guaranteed. Impure supplements may lead to a positive substance abuse test. **The use of supplements is at the students own risk. Students should consult with an Athletic Trainer, Registered Dietician and/or Team Physician for further information.

NCAA POSITIVE TESTS

If a student tests positive on an NCAA substance abuse test, a positive result on the LSU Substance Abuse Policy will also be assessed. NCAA tests are performed using the same strict standards as LSU testing and also include observed collection. Parents/guardians will be notified of a positive NCAA test.

TOBACCO USE

The LSU Athletic Department and the NCAA prohibit the use of tobacco by all persons in all athletic facilities. NCAA Bylaw 11.1.5. Use of Tobacco Products: The use of tobacco products is prohibited by all game personnel (e.g. coaches, athletic trainers, managers, and game officials) in all sports during practice and competition.

STUDENT-ATHLETE MEDICAL POLICY

SELF-REFERRAL

With the understanding that there are circumstances where individuals have severe sub-stance abuse and/or alcohol problems which stem from background, habit, or recreation, the Athletic Department has developed a policy to assist those individuals who desire to make a positive life change. To this end, the self-referral process was instituted.

It is the assumption that individuals who self-refer for a substance abuse and/or alcohol problem are actively seeking help and are interested in making a positive life change. It is the commitment of Louisiana State University to assist all individuals in this process. Individuals who self-refer will be assessed by a trained professional to evaluate the nature of the condition. A recommendation for treatment, based on the assessment, will be made. The Athletic Department may finance the treatment process as long as the student referred is committed to the prescribed program and satisfactorily completes all requirements.

The features of self-referral for the student athletic population are:

1. Student will receive immediate assistance for substance abuse and/or alcohol condition.
2. Student will take control over his/her life.
3. No penalty will be assessed for a positive test.
4. Parent/legal guardian will not be notified of the positive result unless medically necessary.

FIRST TIME ENROLLEES/AMNESTY TESTING

All incoming student-athletes will participate in drug testing within the first month of initial enrollment. In an effort to allow first time enrollees of any term, (summer/fall/spring) transitioning to college an opportunity for education and early intervention, a student with a positive drug test will be referred to an educational/treatment program and will not be assessed a drug test policy violation. The student-athlete will have 16 weeks from the date of the recorded positive (starting at the point the positive occurs within either Summer, Fall or Spring of first time enrollment) to participate in a formal evaluation and prescribed treatment regimen and given 16 weeks to be clean of all illicit substances. If the student-athlete is non-compliant with recommended treatment, the student will be immediately withheld from all practice/competitive activities until in full compliance with the program.

This program is only available throughout the first semester

The following are the parameters of the self-referral process:

- a. Self-referral for any drug and/or alcohol can only be made one time during a student's college career.
- b. Self-referral can NOT be used at any time within 7 calendar days from end of 16-week tracking period.
- c. Self-referral can only be utilized prior to the notification of a substance abuse test. Self-referral after a test has been announced will not be allowed. "Announced" includes the time when a list of students has been created and/or a person is either verbally or physically notified of a substance abuse test. If the Drug Prevention Coordinator is in the process of actively notifying individuals to test, a self-referral may not be utilized.
- d. The student must satisfactorily complete the prescribed substance abuse treatment recommended by the ADAP Treatment Team. Failure to comply with recommended treatment will result in suspension from all team activities
- e. During treatment, the Athletic Department, as well as any treatment facility used by the Athletic Department, reserves the right to perform routine, unannounced substance abuse testing. If testing reveals the existence of illicit substances after a 16-week treatment/recovery period, the student shall be deemed to have committed a violation of the Substance Abuse Policy.

(Fall OR Spring) of the student-athlete INITIAL (first semester) enrollment. However, if a student-athlete enrolls in the summer prior to an initial Fall term, the student has a total of 1 Amnesty collection available through the end of the first Fall term. If a student-athlete is positive during the first semester (or summer prior to first semester), and the 16 week education program ends, the amnesty period also ends. Any subsequent positives will result in an official violation of the Substance Abuse Policy. Depending on timing of initial positive test and enrollment date, an incoming student-athlete could reach a level 1 violation prior to the end of the first full time semester.

No student is eligible for this program more than once and only for very first semester the student-athletes is enrolled at LSU. The official end of the amnesty period occurs during the applicable Fall/Spring semester and is determined by the last day of Finals for the designated semester. Parents/guardians and Coaches will be notified of any positive results.

VIOLATIONS

An ADAP violation will result in action by the Athletic Department. In all circumstances, an ADAP violation will have consequences as outlined below. It is important to remember that the actions listed within this section are minimal sanctions. A Head Coach and/or Director of Athletics, at his/her discretion, may impose additional sanctions at any violation level.

The Athletic Department's ADAP treatment team reserves the right to add to the practice and/or competition penalties if it is medically determined that the student poses a serious health risk to himself or others by continuing to participate in athletic practice or competition. Immediate medical withholding is required from the date of confirmed positive drug screen for the following non-exclusive list of substances: steroids, cocaine, non-prescribed opiates and methamphetamine. Additional substances may result in the same sanction at the discretion of the ADAP treatment team. Mandatory medical testing shall be conducted to obtain clearance from a medical doctor. Additionally, immediate withholding can occur at any time deemed necessary by treatment team and medical doctor.

Violations of the Substance Abuse Policy are compiled and addressed in a cumulative manner over the course of the students enrollment. However, in an effort to reinforce positive lifestyle change, a student who remains negative of all substances (0 ng/ml) for a period of four (4) months (122 days) (measured from collection date of first negative (0 ng/ml) sample result) may have one policy violation removed from his or her cumulative record. This opportunity to remove violations provides the student with an opportunity to correct past violations through positive behavior and choices. A student may remove more than one violation from the highest accumulation, through successive four month periods of negative (0 ng/ml) results.

Students who complete 4 month negative and have a policy violation removed do NOT start a 16 week window. The 16 week window was created to allow for individuals with positive drug tests ample opportunity to remove the drug from the system. Students who have not used substance in 4 months have no need for a usage window. Students who have a policy violation removed and subsequently test positive, will move immediately to the next positive level of the policy. The treatment team referred to in this section includes the following individuals: LSU Mental Health Team, Director of Athletic Training (or designee), Head Team Physician, Drug Prevention Coordinator, and ADAP Athletic Administrator.

STUDENT-ATHLETE MEDICAL POLICY

VIOLATIONS CONTINUED...

First Violation

- a. Student is given the opportunity to have his/her frozen "B" sample re-tested. The student-athlete must select from a list of approved labs that is provided for selection once an appeal is initiated. The appeal is at his/her own expense (unless the challenged test does not confirm). The student has 48 hours from the time of the positive test notification to request a re-test of the "B" sample. The original result will be considered valid during the appeals process and associated guidelines will apply.
- b. Coaching staff and Sport Administrator is notified and provided with a treatment plan directed from the Mental Health team specific to the impacted student-athlete. The Athletic Department's ADAP treatment team will monitor results of drug testing levels, compliance with treatment protocol and provide recommendations to the coaching staff during the treatment phase with suggested additional corrective action to implement.
- c. Student and ADAP Administrator will sign a contract statement acknowledging the first positive test and the consequences of continued use. Refusal to sign the contract statement will result in immediate dismissal from the athletic program, including the loss of athletic scholarship.
- d. Within 48 hours of signed notification, the student must complete an additional substance abuse test and must schedule to meet with the ADAP Staff Psychologist and/or associated medical services for evaluation and recommendations for treatment. Failure to successfully complete these tasks will result in withholding from all team athletic activities (competition, practice, strength and conditioning, meetings, etc.) and restricts access to all Athletic Department Facilities (ex.sport field, weight room, etc.). Reinstatement to participation is at the discretion of the ADAP treatment team and will only occur after all evaluations are completed and medical clearance is obtained. Receiving clearance may require the student to participate in a formal hearing with the ADAP treatment team.
- e. First time steroid positive violations will result in minimum 10% withholding (rounding method used) from countable contests. The penalty will be observed in all sports from the date the positive test is reported and requires immediate withholding. Noncompliance with the prescribed treatment program will result in additional withholding. A penalty cannot be served when a student is not otherwise eligible to compete. Depending on the timing of the violation, a penalty may be applied over two different seasons.
- f. Parent or guardian will be notified by either the student (in presence of LSU representative), coach, or LSU Staff member.
- g. Student is subject to unannounced substance abuse testing at an increased frequency.
- h. Student must follow the prescribed treatment program and will be financially responsible for the cost of any unexcused missed appointment.
- i. During treatment, the Athletic Department, as well as any treatment facility used by the Athletic Department, reserves the right to perform routine, unannounced substance abuse testing. Upon notification (date the testing result is received) of a positive test result (verbal or written), a 16-week treatment window begins where the student is actively engaged in educational programs and counseling. At the conclusion of the 16-week period, if substance abuse testing reveals the existence of any illicit or banned substance, the student shall be assessed an additional violation of the Substance Abuse Policy.
- j. Failure to successfully complete recommended treatment (i.e. unexcused absences, dismissal from treatment program, failure to comply with program requirements, nonparticipation, etc.) will result in the loss of athletic scholarship and/or participation opportunities. The student may also incur financial responsibility for the treatment program.

Second Violation

- a. Student is given the opportunity to have his/her frozen "B" sample re-tested. The student-athlete must select from a list of approved labs that is provided for selection once an appeal is initiated. The appeal is at his/her own expense (unless the challenged test does not confirm). The student has 48 hours from the time of the positive test notification to request a re-test of the "B" sample. The original result will be considered valid during the appeals process and associated guidelines will apply.
- b. Coaching staff and Sport Administrator is notified and provided with a treatment plan directed from the Mental Health team specific to the impacted student-athlete. The Athletic Department's ADAP treatment team will monitor results of drug testing levels, compliance with treatment protocol and provide recommendations to the coaching staff during the treatment phase with suggested additional corrective action to implement.
- c. Student and the ADAP Administrator will sign a contract statement acknowledging the second positive test, the terms of the suspension, and the consequences of a third positive test. Refusal to sign the contract statement will result in immediate dismissal from the athletic program (with the loss of athletic scholarship).
- d. Within 48 hours of signed notification, the student must complete an additional substance abuse test and must schedule to meet with the ADAP Staff Psychologist and/or associated medical services for evaluation and recommendations for treatment. Failure to successfully complete these tasks will result in withholding from all team athletic activities (competition, practice, strength and conditioning, meetings, etc.) and restricts access to all Athletic Department Facilities (ex.sport field, weight room, etc...). Reinstatement to participation is at the discretion of the ADAP treatment team and will only occur after all evaluations are completed and medical clearance is obtained. Receiving clearance may require the student to participate in a formal hearing with the ADAP treatment team.
- e. Suspension from 10% (rounding method used) of countable contests. The penalty will be observed in all sports and must begin within four weeks (30 days) following the confirmed positive. If positive occurs in off-season, the penalty will be applied within the first 4 weeks (30 days) of start of competitive season. If multiple contest withholding is required by the policy, the withholding is not required to be consecutive, but must occur prior to the end of the current competition season. The current competitive season includes Post-Season events (NCAA Championships/Bowl games). If time remaining in the current season dictates immediate and consecutive withholding is necessary to serve the prescribed penalty, athletics administration will enforce immediate withholding. Noncompliance with the treatment program will result in immediate and additional withholding. A penalty cannot be served when a student is not otherwise eligible to compete. Depending on the timing of the violation, a penalty may be applied over two different seasons. If the drug identified is a steroid, the penalty is required to be served immediately.
- f. Parent or guardian will be notified by either the student (in presence of LSU representative), coach, or LSU Staff member.
- g. Student is subject to unannounced substance abuse testing at an increased frequency.
- h. Student must follow the prescribed treatment program and is financially responsible for the cost of any unexcused missed appointments.
- i. During treatment, the Athletic Department, as well as any treatment facility used by the Athletic Department, reserves the right to perform routine, unannounced substance abuse tests. If a test reveals the existence of illicit or banned substances after a 16-week period, the student shall be assessed an additional violation of the Substance Abuse Policy.
- j. Failure to successfully complete recommended treatment (i.e. unexcused absences, dismissal from treatment program, failure to comply with program requirements, nonparticipation, etc.) will result in the loss of athletic scholarship and/or participation opportunities. The student may also incur financial responsibility for the treatment program.



STUDENT-ATHLETE MEDICAL POLICY

VIOLATIONS CONTINUED...

Third Violation

- a. Student is given the opportunity to have his/her frozen "B" sample re-tested. The student-athlete must select from a list of approved labs that is provided for selection once an appeal is initiated. The appeal is at his/her own expense (unless the challenged test does not confirm). The student has 48 hours from the time of the positive test notification to request a re-test of the "B" sample. The original result will be considered valid during the appeals process and associated guidelines will apply.
- b. Coaching staff and Sport Administrator is notified and provided with a treatment plan directed from the Mental Health team specific to the impacted student-athlete. The Athletic Department's ADAP treatment team will monitor results of drug testing levels, compliance with treatment protocol and provide recommendations to the coaching staff during the treatment phase with suggested additional corrective action to implement.
- c. Student and ADAP Administrator sign a contract statement, acknowledging the third positive test and the consequences.
- d. Within 48 hours of signed notification, the student must complete an additional substance abuse test and must schedule to meet with the ADAP Staff Psychologist and/or associated medical services for evaluation and recommendations for treatment. Failure to successfully complete these tasks will result in withholding from all team athletic activities (competition, practice, strength and conditioning, meetings, etc.) and restricts access to all Athletic Department Facilities (ex.sport field, weight room, etc...). Reinstatement to participation is at the discretion of the ADAP treatment team and will only occur after all evaluations are completed and medical clearance is obtained. Receiving clearance may require the student to participate in a formal hearing with the ADAP treatment team.
- e. Suspension from 30% (rounding method used) of countable contests. The penalty will be observed in all sports and must begin within four weeks (30 days) following the confirmed positive. If positive occurs in off-season, the penalty must begin within the first four weeks (30 days) of the season and must be served prior to the end of the competitive season. If multiple contest withholding is required by the policy, the withholding is not required to be consecutive, but must occur prior to the end of the current competition season. The current competitive season includes Post-Season events (NCAA Championships/ Bowl games). If time remaining in the current season dictates immediate and consecutive withholding is necessary to serve the prescribed penalty, athletics administration will enforce immediate withholding. Noncompliance with the treatment program will result in immediate and additional withholding. A penalty cannot be served when a student is not otherwise eligible to compete. Depending on the timing of the violation, a penalty may be applied over two different seasons. If the drug identified is a steroid, the penalty is required to be served immediately.
- f. Parent or guardian will be notified by either student (in presence of LSU representative), or coach, or LSU staff member.
- g. Student is subject to unannounced substance abuse testing at an increased frequency.
- h. Student's continued receipt of an athletic scholarship during this period of time will be at the discretion of the Athletics Director and dependent upon compliance with the ADAP program.
- i. If after 16 weeks, substance abuse testing reveals the existence of illicit or banned substances, the student will be permanently removed from the athletics program.

Fourth Violation

- Student is given the opportunity to have his/her frozen "B" sample re-tested. The student-athlete must select from a list of approved labs that is provided for selection once an appeal is initiated. The appeal is at his/her own expense (unless the challenged test does not confirm). The student has 48 hours from the time of the positive test notification to request a re-test of the "B" sample. The original result will be considered valid during the appeals process and associated guidelines will apply.
- Coaching staff and Sport Administrator is notified and provided with a treatment plan directed from the Mental Health team specific to the impacted student-athlete. The Athletic Department's ADAP treatment team will monitor results of drug testing levels, compliance with treatment protocol and provide recommendations to the coaching staff during the treatment phase with suggested additional corrective action to implement.
- Student and ADAP Administrator sign a contract statement, acknowledging the fourth positive test and the consequences.
- Within 48 hours of signed notification, the student must complete an additional substance abuse test and must schedule to meet with the ADAP Staff Psychologist and/or associated medical services for evaluation and recommendations for treatment. Failure to successfully complete these tasks will result in withholding from all team athletic activities (competition, practice, strength and conditioning, meetings, etc.) and restricts access to all Athletic Department Facilities (ex.sport field, weight room, etc...). Reinstatement to participation is at the discretion of the ADAP treatment team and will only occur after all evaluations are completed and medical clearance is obtained. Receiving clearance may require the student to participate in a formal hearing with the ADAP treatment team.
- Suspension from 50% (rounding method used) of countable contests. The penalty will be observed in all sports and must begin within four weeks (30 days) following the confirmed positive. If positive occurs in off-season, the penalty must begin within the first four weeks (30 days) of the season and must be served prior to the end of the competitive season. If multiple contest withholding is required by the policy, the withholding is not required to be consecutive, but must occur prior to the end of the current competition season. The current competitive season includes Post-Season events (NCAA Championships/ Bowl games). If time remaining in the current season dictates immediate and consecutive withholding is necessary to serve the prescribed penalty, athletics administration will enforce immediate withholding. Noncompliance with the treatment program will result in immediate and additional withholding. A penalty cannot be served when a student is not otherwise eligible to compete. Depending on the timing of the violation, a penalty may be applied over two different seasons. If the drug identified is a steroid, the penalty is required to be served immediately.
- Parent or guardian will be notified by either student (in presence of LSU representative), or coach, or LSU staff member.
- Student is subject to unannounced substance abuse testing at an increased frequency.
- Student's continued receipt of an athletic scholarship during this period of time will be at the discretion of the Athletics Director and dependent upon compliance with the ADAP program.
- If after 16 weeks, substance abuse testing reveals the existence of illicit or banned substances, the student will be permanently removed from the athletics program
- appeal.



STUDENT-ATHLETE MEDICAL POLICY

Appeals

1. Student is given the opportunity to have his/her frozen "B" sample re-tested. The student-athlete must select from a list of approved labs that is provided for selection once an appeal is initiated. The appeal is at his/her own expense (unless the challenged test does not confirm). The student has 48 hours from the time of the positive test notification to request a re-test of the "B" sample. The original result will be considered valid during the appeals process and associated guidelines will apply.
2. If a student has an additional positive substance abuse test result after a fourth violation, the Head Coach may request an appeal for a student. The ADAP treatment team will review the case and make a recommendation to the Athletics Director regarding the appeal. The Athletics Director and treatment team will review the individual case to determine if the student is eligible for an appeal. The decision whether or not to allow an appeal to proceed is final and binding.
3. Appeals will only be heard in circumstances where there is protocol failure or other unusual circumstance justifying an appeal. Appeals are not intended to provide a student with another "chance", and the treatment team should not be asked to predict future compliance and success.
4. Maintaining athletic scholarship during the appeal phase is at the discretion of the Athletics Director.
5. A student who has requested an appeal may not participate in any team activities or competition until the appeal has been decided. An appeal hearing must be requested and considered within two weeks of the additional violation. If an appeal is allowed to proceed, the merits of the appeal will be considered by the Substance Abuse Appeals Committee.
6. The Substance Abuse Appeals Committee will be made up of the Athletics Director, Associate Athletics Director, the ADAP Athletics Administrator, Sr Associate Athletic Director Health & Wellness, Drug Prevention Coordinator, and Director of Athletic Training. In cases where a student-athlete has exhausted his/her eligibility to compete in a sport, a partial committee may be assembled at the discretion of the Athletics Director. The Faculty Athletics Representative may also be requested to serve as a member of the committee.
7. If the Substance Abuse Appeals Committee allows the restoration of eligibility, the restoration will be based on full compliance of all Athletic Department rules and regulations for the remainder of the student's enrollment and participation at LSU. The Substance Abuse Appeals Committee, at its discretion, may impose additional conditions upon reinstatement that are binding continuing conditions for the students reinstatement to full eligibility (i.e. loss of scholarship, game suspension, etc.).
8. A successful appeal will result in regular substance abuse testing for the student. If institutional, treatment facility or NCAA drug testing reveals a banned substance at any time, Permanent Ineligibility will result without any further appeal rights.
9. Self-Referral cannot be used after a successful appeal.

ATTENDANCE

Once notified, attending substance abuse testing is mandatory within the designated time frame. A student-athlete who fails to provide a valid sample, will be withheld from practice and all athletic related activity until a valid sample is obtained. A student-athlete who fails to attend, refuses to provide a sample, or leaves the testing site prior to providing a valid sample will be issued a Substance Abuse Policy violation. For more information, please reference the Notification section under Procedures within this policy.

Refusal to comply with substance abuse testing upon request will result in a Substance Abuse Policy violation as indicated in the ADAP Policy Violations section.

PROCEDURES

1. CONSENT / WAIVER FORM

- a. Acceptance of an athletic scholarship constitutes an agreement to comply with all of the regulations of Louisiana State University and its Athletic Department. This Consent/Waiver, when signed, confirms the student informed and voluntary consent and cooperation to undergo substance abuse testing throughout the academic year and summer term (upon notification from the Athletics Department) and the authorization to release his/her testing results in accordance with the Reporting section of this Policy. The student athletic population, by signing the consent form, is also authorizing the release of all records related to the Athletic Department Assistance Program as specified in the consent form.
- b. At the beginning of each academic year (Fall Semester) or upon initial enrollment in a subsequent term, before the athlete is allowed to practice or compete, he or she must sign the Consent/Waiver Statement.
- c. BUCKLEY AMENDMENT - The Family Education Rights and Privacy Act of 1974 provides for the protection of all "educational records" and insures that these records may not be released without the students consent. Student-Athletes are required to sign a Buckley Agreement with LSU Athletics..

2. SELECTION

- a. Substance abuse testing will be administered for the athletic student population. Testing can occur at any time including during the academic year and summer term.
- b. Participants can be selected for a substance abuse test at any time (announced or unannounced).
- c. The selection of students for testing is coordinated by the Drug Prevention Coordinator.
- d. Head Coaches may request substance abuse testing for the entire team and/or individuals only, at their discretion. Any coach, administrator or support staff member concerned with a particular individual should contact the Drug Prevention Coordinator to refer the individual for testing.

3. NOTIFICATION SUBSTANCE ABUSE TESTING

- a. It is the responsibility of the student to provide current contact information annually and provide updates to administrative staff as necessary.
- b. Notification of substance abuse testing can be either verbal or written, including through electronic means (e.g. e-mail or cell phone text). Verbal notification must be recorded for record-keeping purposes and verification. When possible, written notification is provided and each student is asked to initial his/her understanding for official record-keeping purposes. Text messaging a student is also considered written notification. For this reason, a student must keep his/her contact information available and accurate. Under either notification scenario, the impacted student will be required to attend the testing within an allocated time frame or will be deemed as noncompliant.
- c. Individuals deemed noncompliant will be withheld from all practice/competition activities until an acceptable sample is provided. Refusal to provide a sample will result in a violation of the Substance Abuse Policy.
- d. Notification for substance abuse testing can be sent by any of the following: Drug Prevention Coordinator, Athletic Trainer, Coaching staff member or Athletic Administrator.
- e. Substance abuse testing may occur without prior notification. Students may be selected at the conclusion of practice, strength and conditioning workouts or when deemed appropriate.
- f. The notification list will be reconciled with the actual attendance list to determine individuals who did not participate.
- g. The coaching staff will be notified of all students who fail to participate in substance abuse testing and will be responsible for locating the non-participating students and requiring them to report for the collection. All students who have been notified and fail to report for their scheduled test will be in violation of the ADAP Attendance Policy and will be suspended from all practice/competition activities until a successful collection occurs. Refusal to provide a sample will result in a suspension from all athletic activity and a violation of the Substance Abuse Policy.

STUDENT-ATHLETE MEDICAL POLICY

PROCEDURES CONT...

4. SPECIMEN COLLECTIONS

- a. All collections will be done in accordance with lab protocol and will follow approved chain of custody procedures. Once notified of a test, the student is obligated to provide a sample as requested.
- b. The Athletic Department's collection team, under the supervision of the Drug Prevention Coordinator, will assist with collections. The Athletic Department may involve an outside collection service to assist with collection.
- c. Collections will be held on the second floor of the Broussard Center for Athletic Training, in the Football Operations Athletic Training Room or at any designated athletics facility.
- d. Student must bring their picture ID to every collection.
- e. Student must declare any prescription and/or over the counter medication that he/she has taken at the time of testing.
- f. To maintain confidentiality, each specimen will be given a unique ID number. The Drug Prevention Coordinator and ADAP Administrator will keep in a secure place the sample number and name correlation document for reference upon receipt of the confirmed positive results.
- g. Each sample will be collected under direct observation by a same gender collection team member.
- h. The student will be asked to wash and dry his/her hands and proceed to the appropriate collection area. The student will be required to lower all attire below the waist to below his or her knees and remove any large jackets/sweatshirts and lift upper attire to provide clear viewing of collection.
- i. Any effort by a student to adulterate or modify his/her or any other urine specimen prior to or at the time of collection, will result in an automatic "positive test" requiring appropriate action as defined by this policy. Such an effort to "adulterate or modify" includes, but is not limited to, any type of product that is ingested or added to the urine sample, or the non-medical use of diuretics or probenecid in an effort to dilute, manipulate, or mask the urine sample.
- j. Each specimen may be checked for Specific Gravity (> 1.005) and pH (4.5 – 7.5) and will be split into two aliquots. Both aliquots are sealed with security tape.
- k. Sample A and Sample B are sent to the designated lab for analysis. Sample B is frozen until the final results are received. If the results are negative, all B samples are destroyed. The Sample B for positive test is available for official challenge if desired. The student-athlete must select from a list of approved labs that is provided for selection once an appeal is initiated. The appeal is at his/her own expense (unless the challenged test does not confirm).

6. REPORTING

All substances will be analyzed utilizing a "Zero-Tolerance" philosophy. All positive screens must be confirmed before reporting as positive. All results are confidential and will only be released on a need-to-know basis in accordance with the Informed Consent/Waiver Statement and the University's Consent to Release of Education Records.

KEY CONTACTS

- | | | | |
|-------------------|-----------------|----------------------|------------------|
| • Miriam Segar | • Bill Demastes | • Dr. LaKeitha Poole | • Lauren Marucci |
| • Joshua Pratt | • Jack Marucci | • Bruce Buggs | • Rebecca Moore |
| • Shelly Mullenix | • Dr. Etheredge | • Christine Sotile | |

TREATMENT TEAM

Bruce Buggs, Jack Marucci, Shelly Mullenix, LaKeitha Poole, Joshua Pratt, Miriam Segar, Christine Sotile
*MRO (Dr. Etheredge) and/or LSU Team Physicians will consult with treatment team as necessary.

5. ANALYSIS

A Medical Review Officer (MRO) at the contracted Drug Testing Laboratory reviews all positive tests results to verify the reported positive and all possible drug interactions.

The LSU Athletic Department Substance Abuse Program firmly subscribes to the "Zero-Tolerance" testing philosophy. Therefore, the analytical goal for our testing component is to screen for the substances that are probabilities in our geographical area and subject population and to employ the very best analytical systems available to ensure the sensitivity and specificity necessary to detect even "occasional" users. Although notification is given for all positive substance abuse levels, for THC positive samples, only original levels that confirm ≥ 15 ng/ml (the standard for NCAA drug testing) will be considered a violation of the Substance Abuse Policy. The LSU substance abuse panel will include the following drugs or classes of drugs (subject to continual evaluation and revision):

- a. Marijuana
- b. Synthetic Marijuana
- c. Cocaine
- d. MDMA (ecstasy)
- e. Amphetamine Class (includes Speed, Adderall, Vyvanse, Ritalin, etc.)
- f. LSD (Lysergic Acid Diethylamide)
- g. Opiate Class (includes Heroin, Morphine, Codeine, etc.)
- h. Ephedrine
- i. Alcohol (ethanol)
- j. Anabolic Steroids
- k. Misc. random others as indicated. (i.e. clenbuterol, probenecid, barbiturates)
- l. Adulterants
- m. Methylhexanamine
- n. Synthetic cathinones

Note: All NCAA Banned Substances which are possible to be detected through lab technology are included.



STUDENT-ATHLETE MEDICAL POLICY

MENTAL HEALTH COUNSELING/DRUG REHABILITATION

LSU Athletics has an Assistance Program with mental health professionals available to assist with all needs. Please contact Dr. LaKeitha Poole, Director SA Mental Health at 225-773-5555. or Sr. Associate Athletics Director for Student Services, Miriam Segar at 225-578-5785.

If there is an emergency, the LSU Mental Health Services department has a service available 24-hours a day. The 24-hour crisis hotline is available by calling 578-LSU1 (5781).

Social media as well as direct email options are available for those seeking information on mental health services. Student-athletes can reach out either through their athletic trainer, coach, or administrator or on their own. Confidentiality is our priority.



GRIEVANCE PROCESS

Your health and well-being as a student-athlete is always our top priority. If there is any issue of concern that you need assistance or a problem you are facing that you would like to report, LSU Athletics has a team of trained staff members available to assist you and offer support. The grievance team is a diverse group of staff members to whom you can report a concern. The team consists of Verge Ausberry, Deputy Athletics Director; Micki Collins, Sr. Associate Athletic Trainer; Mark Ewing, Sr. Associate Athletics Director; Walt Holiday, Director Academic Affairs Academic Center; Neal Lamonica, Associate Athletics Director Business; Wendy Nall, Assistant Athletics Director Human Resources and Miriam Segar, Sr. Associate Athletics Director. Any of these individuals can be contacted for additional information about this process.

You can report any issue with which you need assistance (examples include hazing, bullying, harassment, etc.). The LSU Athletics Grievance process assists student-athletes and athletics staff with resolution for issues of concern. Please note that reporting an issue to the Athletics grievance team does not preclude also reporting the issue to the LSU Campus.

SICKLE CELL EVALUATION

Sickle cell is a chronic hereditary blood disorder in which red blood cells are sickle or crescent shaped instead of round. It is caused by an abnormal type of hemoglobin in the blood. It is an inherited disease and thus is present from birth and cannot be acquired later in life. Sickle cell trait is when a person has an abnormal gene mutation that causes them to become susceptible to experiencing a sickle cell crisis, but they do not have full blown sickle cell disease. All incoming student-athletes at LSU are screened during their initial physical as part of our standard blood panel. If the student-athlete test positive for the sickle cell trait or disease, they will be notified by the athletic trainer that directs their sport and a subsequent referral will be made to the team physician to discuss the results and steps that will be taken to ensure the safety and welfare of the athlete. They will be given additional educational materials for their review and their coach and strength and conditioning coach will be notified. In addition, the student-athlete will be asked to sign a statement of accountability that accepts responsibility for reporting all injuries and illnesses to Louisiana State University Medical Staff (Athletic Trainers and Team Physicians) including any signs and symptoms of SICKLE CELL CRISIS.

PREGNANCY

In the event that you become pregnant, it is required that you notify your Athletic Trainer and Head Coach immediately. Your physical, psychological and mental health is our immediate concern. A medical doctor will be contacted to review the pregnancy and assist with making a medical decision regarding continuation with sport. Failure to notify appropriate institutional personnel may result in the immediate suspension from athletics participation.

NCAA Bylaw 14.2.1.3 allows for the extension of the 5 year period of eligibility for circumstances of pregnancy. For questions regarding this topic, please contact the Sr. Associate Athletic Director for Student Services.



FINANCIAL AID

GRANT-IN-AID INFORMATION

An athletics scholarship maximum allowed is the University Cost of Attendance limitation. The maximum scholarship may include tuition/fees, books, room, board, transportation and personal miscellaneous expenses as defined by the LSU Financial Aid office. Student-athletes will be notified by July 1 each calendar year as to the renewal of their athletics aid.

Additionally, please be aware that if you receive an athletic scholarship, you should check with the Sr. Associate Athletic Director for Student Services, 578-5785, and the Office of Student Aid & Scholarships, 578-3103, before accepting any additional aid, as it may affect your scholarship allotment.

SUMMER SCHOOL AID

Summer school financial aid may be awarded provided it is in the same proportion as financial aid received during the previous academic year. If you are granted summer school aid, and act irresponsibly, for example dropping classes or not attending classes and failing the course, you may not be granted summer school aid for future terms. Please remember that in order to receive maximum summer school benefits, you must be registered in 6 hours. If you drop below full time status your scholarship may be prorated and you will be required to repay a portion of the aid.

Summer aid is also available for incoming freshman who have signed a National Letter of Intent the summer prior to full-time enrollment. SEC rules require that each student-athlete must enroll in a minimum of 6 hours to be eligible for athletics scholarship aid. Additionally, incoming student-athletes may have restricted practice activities in the summer. All enrolled student-athletes may utilize the weight room under the supervision of the weight room staff, use the training room as needed and receive academic assistance through the Cox Communications Academic Center for Student-Athletes.

UNIVERSITY CHARGES NOT PAID BY THE UNIVERSITY

The Department is not allowed to pay for the following:

- University deposits;
- Long distance phone charges made from your on-campus room (or anywhere else);
- "Consumable University charges," which can be anything from lab fees for breakage to non-required field trips;
- Library fines;
- Fines for damage to University property, including your dorm room;
- Key deposits or replacement of a lost Residence Hall key;
- Replacement costs for a lost Student I.D., school supplies, dictionaries, reference books, pens, notebooks, paper, art supplies, etc.;
- Vehicle Registration fee; and/or
- Parking stickers or fines.

PROCEDURES FOR RECEIVING YOUR STIPEND

If you are receiving a cash award as part of your athletics scholarship, it is strongly recommended that you utilize direct deposit. The direct deposit option can be activated through your myLSU account and allows you to designate your bank so that the funds can be electronically placed directly into your account. If you do not choose this option, the check will be mailed to your LOCAL LSU address. For this reason, it is IMPERATIVE that you maintain an accurate address. You may add or make changes to an existing address by logging on to your University myLSU account. Please note that you may not receive a check unless you are enrolled as a full-time student.

NON-SCHOLARSHIP STUDENT-ATHLETES

Once enrolled at LSU and after receiving permission to try out for the team, you must complete all required NCAA/SEC paperwork. Non-scholarship student-athletes must meet the same academic, athletic and behavioral standards as scholarship student-athletes.

Before participating in any practice or competition, you must also undergo a physical evaluation and receive medical and academic clearance. Your medical history is compiled and reviewed at this time. If you are an invited walk-on, the Department pays for your pre-participatory physical exam. Non-recruited walk-ons are responsible for paying for their own physical exam. Once you have been cleared to practice and compete, you receive all the Training Room injury prevention and treatment benefits available to any student-athlete. Athletic fitness facilities are also available for your use, as well as academic support benefits.

As a "walk-on" athlete, you must meet the same requirements for and are entitled to the same letter awards as any scholarship athlete. At your Head Coach's recommendation, you may also receive SEC and NCAA Championship Awards.

9TH SEMESTER PROGRAM

- The Department is proud of its Extended Aid Financial Assistance Program. The program was established to assist, monitor, advise, and help any student-athlete who has successfully completed athletic eligibility, has not yet received an undergraduate degree, and is within 5 years of initial enrollment/receipt of aid.
- Student-athletes receiving extended aid may be asked to work within the Athletic Department as necessary.
- Receiving post-eligibility aid is a privilege and not an entitlement and is awarded to assist student-athletes receive their undergraduate degree. The approval of post-eligibility aid will be based on each student-athlete's academic record and approval from the Head Coach. Each student-athlete receiving extended aid must be making academic progress as assessed by NCAA Progress Towards Degree rules and the Academic Performance Rate (see more on APR in Chapter 5-Academics).
- 1. Acknowledge via signature your understanding of your academic responsibilities as required by the NCAA Academic Progress Rate (APR).
- 2. You must be in good academic standing with the University and meeting all NCAA eligibility requirements. You should be within 30 hours of graduation at the end of your senior year, in accordance with your curriculum.
- 3. You must receive a recommendation from your Head Coach and the Director of Athletics for full or partial aid.
- 4. If you are granted full or partial Extended Aid, the following regulations must be followed. You must:
 - Remain a full-time student;
 - Maintain compliance all NCAA academic requirements;
 - Attend classes regularly;
 - Work as assigned;
 - Attend mandatory meetings;
 - Show up for appointments as directed; and
 - Drop classes only with the permission of the Sr. Associate Athletic Director for Student Services and your ACSA Advisor.

The Sr. Associate Athletic Director for Student Services reserves the right to withhold monthly allowance checks if you are not in compliance with the regulations listed above.

FINANCIAL AID

SEC H. BOYD MCWHORTER SCHOLAR-ATHLETE POSTGRADUATE SCHOLARSHIP

A male and female scholar-athlete is selected each year by a committee of SEC faculty representatives from institutional winners. LSU's winners are selected by the Athletic Department Scholarship Committee. Student-athletes selected at the institutional and SEC levels receive a postgraduate scholarship in the amount of \$7,500 and \$15,000 respectively. The following criteria are used. The candidate must:

1. Have completed eligibility or be actively competing in the last season of eligibility in his/her sport;
2. Have participated for a minimum of two seasons in a sport sufficient to qualify for a varsity letter;
3. Have achieved a minimum cumulative GPA of 3.20; and
4. Have demonstrated qualities of leadership that brought credit to the student-athlete, his/her institution, intercollegiate athletics and the goals and objectives of higher education in general.

SEC BRAD DAVIS COMMUNITY SERVICE POSTGRADUATE SCHOLARSHIP

A male and female athlete is selected each year by a committee of SEC faculty representatives from institutional winners. Student-athletes selected at the institutional and SEC levels receive a postgraduate scholarship in the amount of \$3,000 and \$6,000 respectively. Selection is based upon commitment to serving others and demonstrated qualities of leadership throughout their collegiate career. The candidate must:

1. Have completed eligibility or be actively competing in the last season of eligibility in his/her sport;
2. Have participated for a minimum of two seasons in a sport sufficient to qualify for a varsity letter;
3. Have achieved a minimum cumulative GPA of 2.75.

NCAA DEGREE COMPLETION AWARD

This award provides financial aid to student-athletes who once received athletics-related aid but are no longer eligible because they are entering their sixth (or later) year of post-secondary education. To be eligible students must be within 30 hours of completing their undergraduate degree. See a CCACSA advisor for application materials.

STUDENT-ATHLETE OPPORTUNITY FUND

The NCAA Student-Athlete Opportunity Fund exists to assist student-athletes with needs not covered by scholarship. The application form must be completed and approval for funds must be provided by the head coach and the Sr. Associate Athletic Director for Student Services. Opportunity fund money is issued in accordance with Federal guidelines and disbursements are with approval of the LSU Financial Aid office.

NCAA POSTGRADUATE SCHOLARSHIP AWARD

The NCAA currently offers approximately 174 postgraduate scholarship awards. These are one-time awards worth \$7,500 per scholarship. To be eligible to receive an NCAA Postgraduate Scholarship, you must be nominated by the Athletic Department Scholarship Committee, have a minimum GPA of 3.2 (on a 4.0 scale) and have attained significant athletic achievement. Demonstrated campus and community leadership ability is also taken into consideration. If you'd like more information on postgraduate scholarships, contact your ACSA Advisor and go to www.ncaa.org.



MANAGERIAL/TRAINER/CHEER-DANCE SCHOLARSHIP ACADEMIC REQUIREMENTS

Student support positions are a very important responsibility and a privilege. Academic progress must be maintained. The GPA that is discussed within the policy indicated below is the LSU GPA which is used to determine academic standing and graduation decisions. Student support individuals must:

1. Be enrolled and remain enrolled as full time undergraduate student at LSU each semester. Full time status is considered 12 or more semester hours. When a student manager, trainer, videographer or cheerleader drops below Full Time status during a term, that individual is not eligible to travel to away from home competition with their assigned sport team. In the case of an LSU Spirit Squad member, that individual is not allowed to represent LSU in cheering for any event and cannot travel to any away events.
2. Maintain adequate academic progress by earning a 2.0 LSU overall grade point average. The 2.0 LSU overall GPA is evaluated each semester. Failure to maintain the 2.0 LSU GPA will result in removal of athletics scholarship and Spirit Squad members will be suspended from the squad.
 - Students first entering in Fall term- Must pass at least 6 hours of academic credit in Fall term. GPA will not be considered until the conclusion of the first year of enrollment. After the first year of enrollment, student must pass 24 hours and achieve a cum LSU GPA of 2.0
 - Students first entering in Spring term- Must pass at least 6 hours of academic credit in Spring term. Must earn a minimum of 12 hours prior to the following Fall term and must have the 2.0 cum LSU GPA.
 - Failure to maintain minimum standards as described in email below and clarified above will result in the loss of athletic scholarship and opportunities for travel and participation in team events.
3. Pass a minimum of 24 hours each academic year. The academic year includes the previous academic year (Fall, Spring, Intersession and Summer terms).

ADDITIONAL FINANCIAL ASSISTANCE

If you are on an athletics scholarship, it is important that you check with your coach and the Sr. Associate Athletic Director for Student Services before accepting additional aid. Your combined aid amount may not exceed the cost of attendance as determined by the Financial Aid Office. Further, additional financial assistance may count toward team scholarship limitations as established by the NCAA. The Athletics Department reserves the right to decrease your athletics scholarship, in accordance with NCAA guidelines, if you accept additional scholarship money that is countable in team scholarship limitations. For additional questions regarding types of additional financial aid, see the University's Office of Student Aid & Scholarships for assistance.

NON-INSTITUTIONAL FINANCIAL AID

Should you qualify for non-institutional financial aid and exceed the maximum scholarship aid allowed, University funds are reduced dollar-for-dollar. Because of this, it is very important that the Sr. Associate Athletic Director for Student Services approves all outside aid.

All outside aid you receive must be reported to the Southeastern Conference and the NCAA at the beginning of each academic year. If it is determined that you are receiving financial aid which renders you athletically ineligible, the Sr. Associate Athletics Director of Compliance will report the situation to the NCAA. You are immediately declared ineligible and will not be allowed to compete until the NCAA reinstates your eligibility.

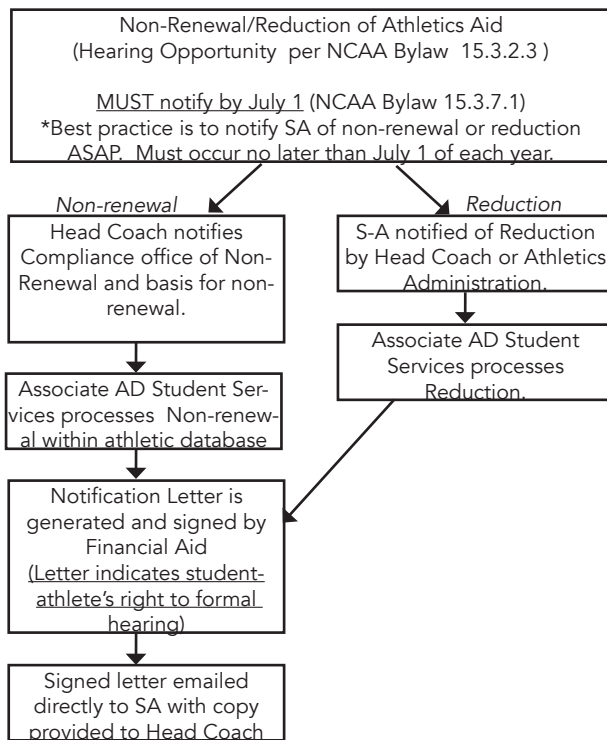
NON-RENEWAL/REDUCTION OF ATHLETICS AID

Athletic Scholarships can be issued as either single year or multi-year agreements. NCAA Bylaws require that the student-athlete be notified of the status of a scholarship no later than July 1 each year.

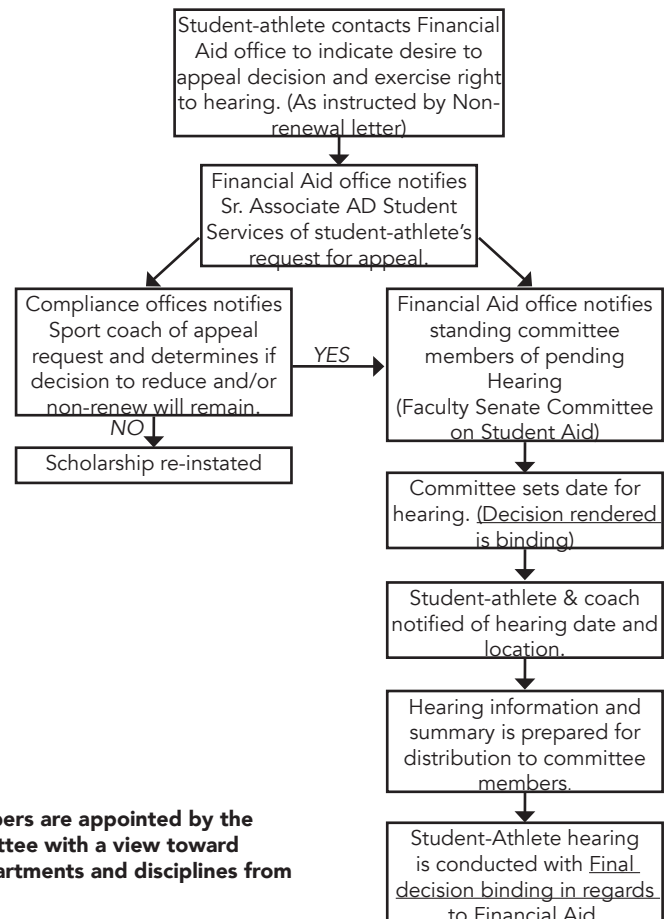
In the event of a career-ending injury or illness as a result of participation in the LSU athletics program, a student-athlete's financial aid may be continued if appropriate medical documentation exists. In this case, you will be considered medically exempt and will not count against team financial aid limits, but you will not be allowed to practice or compete with the team.

If your aid athletics aid is reduced or canceled, the University's Office of Student Aid & Scholarships notifies you, in writing. NCAA regulations provide each student-athlete the opportunity to appeal a reduction/cancellation of athletics aid. Procedures for requesting an appeal hearing will be provided individually to student-athletes upon notification of scholarship continuation. The appeal will be heard by the Scholarship Committee through the Office of Student Aid & Scholarships.

FINANCIAL AID PROCEDURE FOR NON-RENEWAL OR REDUCTION OF ATHLETICS AID



If student-athlete wishes to exercise right to appeal per NCAA Bylaw 15.3.2.3



****Financial Aid Committee members are appointed by the Faculty Senate Executive Committee with a view toward representation from various departments and disciplines from the university community.**

TRANSFER PROCEDURE

TRANSFER PROCEDURE

Any student-athlete who wants to explore the possibility of transferring from LSU to another NCAA Division I or Division II school, must have their name entered in the NCAA Transfer Portal. It is required under NCAA regulations that your name is in the portal prior to you or anyone associated with you (parent, HS coach, etc.) speaking to any Division I or Division II coaches on your behalf. In order for compliance to add your name to the portal, you must complete an ARMS workflow. Upon receipt of the completed workflow, the compliance staff has two business days to enter your name. Please note, by placing your name in the transfer portal, the institution is no longer required to provide you with athletics scholarship beyond the conclusion of the semester in which you place your name. Should you wish to withdraw your name from the NCAA Transfer portal, you can complete a separate ARMS workflow and the compliance staff will remove your name. Removing your name does not guarantee re-awarding of aid or a spot on the roster.



GOOD THINGS TO KNOW

INTERNATIONAL STUDENTS

The International Services Office (ISO) is located in 101 Hatcher Hall. They have a full-time staff to help LSU International students regarding their educational, financial, immigration, social and personal concerns. The number is 225-578-1413. The ISO is the only LSU office legally authorized to sign US government documents such as I-20s and DS-2019s for international students.

It is important that a copy of all paperwork relative to a student's international status (Visa, Passport, I-20) is given to a staff member at ISO upon arrival.

A temporary ID number is assigned by to any person that does not have a Social Security number (SSN). It is recommended that international students obtain a US tax identification number. A tax ID number is required in order to gain employment.

Before leaving the US, students must have their I-20 papers signed by an ISO administrator to gain re-entry to the US. This process usually takes up to 10 business days, therefore do not wait until the last minute to request approval. It is recommended that you have the back of your I-20 signed every six months.

International students are required to pay taxes on any cash award received as part of an athletic scholarship. In addition, scholarship housing and meal plans are also taxed. The tax rate is 14%. The total tax paid is documented on a 1042-S form which should be filed with the IRS annually.

Students wishing to gain on-campus employment must fill out a work-permit request form that is available at the International Services Office. Student-athletes must also receive prior approval from the Compliance department before beginning employment. If an international student-athlete wishes to work a sport camp, he/she must be preapproved and receive a SSN. Please see your Head Coach for additional details about this opportunity.

HOUSING

As a student-athlete, you may not be provided with any benefits that are not provided to other LSU students. Additionally, you should know that you are subject to the same residence hall rules and regulations as the rest of the student body. NCAA rules mandate that no more than 50% of the residents in any one dorm may be comprised of athletes.

In general, if you are provided room as part of your athletics scholarship, you are required to live on campus unless you have received approval from your Head Coach to live off campus.

Remember that on campus housing contracts are for one year and breaking a contract at midyear has significant financial implications. Rules and regulations for on-campus residence halls can be found in "LSU Residence Halls," an informational booklet, which is normally available at the front desk in your residence hall or from the Office of Residential Housing, 99 Grace King Hall.

JUDICIAL PROCESS/STUDENT RIGHTS

In aspiring to create a residential community, the Department of Residential Life has the responsibility to restrict any behavior that adversely affects or impedes the academic success of its students. Any student who is alleged to have violated the Code of Student Conduct occurring in the residential halls will be involved in the residential judicial process. The policy for the judicial process can be found on the LSU Housing website.

STUDENT I.D.

This card is used to obtain services, gain admission to events, and for many other privileges available to you as a student at LSU. University Regulations require that the Student I.D. card be carried at all times and be presented to any University official upon request. For information concerning use or problems related to your Student I.D. card, contact the Student Identification Card Office, in the LSU Union.

LSU UNION BOOK STORE & LIBRARIES

The Bookstore is currently located on Highland Road across from the LSU Student Union. Book scholarship athletes receive books from this location. For information on hours and services available, call 225-578-5137. There are nine libraries available on the LSU campus. For specific locations, as well as hours of operation, refer to "Experience LSU", the LSU Student Handbook.

OFF-CAMPUS HOUSING

If you have the approval of your Head Coach to live off campus and have an athletic room scholarship, you may receive a stipend equivalent to the university cost of attendance. The "SGA Apartment Guide" lists names, addresses, and phone numbers and gives information about apartments located close to campus and on LSU bus routes. The SGA Office is located in Room 330, LSU Union, 578-8727

MAIL SERVICE

If you would like on campus mail service, you will need to rent an LSU Mailbox from the Ricoh Mail & Copy Services at LSU, Room 107 located in the LSU Student Union. You may not receive mail through the Athletic Department, your sport or any LSU staff member. For those individuals that live on campus, the cost of an LSU Mailbox is included in the cost of your on-campus housing.

VEHICLE REGISTRATION

You must register your car if you plan to use it on campus. You may register your car when you pay your semester fees, or at the Department of Parking, Traffic and Transportation, at 578-5000. Student-athletes are personally responsible for any fines incurred.

PARKING

When you register your car, you are given a copy of "Traffic and Parking Regulations." Read this guide, it tells you where to park to avoid having your car ticketed or towed away. The Parking Office is located in the Public Safety Building on South Stadium Drive, across from Tiger Stadium.

STUDENT HEALTH CENTER

The Student Health Center provides a variety of health services that are covered by the health fee you paid at registration. Many services are free; however, there is a small fee for x-rays, lab work and pharmacy prescriptions.

To make an appointment at the Health Center, call 578-6716. It is located on Infirmary Road, across from the LSU School of Music. To request financial assistance for SHC services, you must be approved by your LSU Athletics Trainer before going to the Health Center.

ON-CAMPUS BUS SERVICE

The Capital Transportation Corporation provides frequent bus service to highly populated student areas. No I.D. is required when boarding the bus on campus. For more information related to hours and routes, call 225-578-5000.

FOOD SERVICE

University guidelines require all freshman to live on campus and have a meal plan the first year of enrollment. Athletics offers meal plans through Athletic Nutrition Center located in Football Operations Center located on Skip Bertman Drive. The Athletics Nutrition Center offers lunch and dinner meal plans Monday – Friday each semester. Student-athletes on athletic scholarship for meals will be provided a meal plan through the Athletics cafeteria. Athletic Meal plans do NOT have paw points and only include selected meals each week. Student-athletes not receiving a scholarship meal plan but who desire to enroll in an athletic meal plan, may purchase a semester meal plan by contacting the Director of Compliance at 225-578-3891 or Sr. Associate Athletic Director at 225-578-5785.

CAFETERIA REGULATIONS

In order for the Training Table to operate efficiently and provide a positive environment for all student-athletes, you are asked to abide by the following cafeteria rules:

1. No bare feet are allowed in the cafeteria.
2. Dress appropriately for meals. Do not wear cut-off shorts, cut-off shirts or muscle shirts, LSU gray sweat shorts, sweatpants, gym shorts, workout clothes or house shoes.
3. When dining, you are asked to remove hats, caps, stockings or scarves from your head. Hair rollers should not be worn in the cafeteria.
4. As a consideration to others, please do not come to the Training Table after working out, until you have showered and changed clothes.
5. With the exception of 2 pieces of fruit, 2 ice cream novelties, drinks and cookies, no other food or drink should be taken out of the cafeteria.
6. Guests or friends may not join you at the Training Table unless they are paying for their meal.
7. Do not bring friends in for drinks and ice cream; likewise, these items should not be taken outside of the dining area for others.

SPECIAL MEAL ARRANGEMENTS

Athletic participation sometimes interferes with regular serving hours in the cafeteria. When such conflicts arise, special arrangements may be made for the late or early meals.

If you need an early or late meal, contact Jamie Meeks (225-578-8939) or the Cafeteria Manager to discuss options related to scheduling an alternate pick-up time. Please make every effort to submit your request at the earliest date possible.

If you have a conflict with class and meal schedules, bring your class schedule to the cafeteria management staff. You can arrange for a hot meal or cold meal to be picked up at your convenience. Please make every effort to pick up your meal or notify the cafeteria of a change in your schedule. If it is not picked up 3 times, it will be discontinued.



GOOD THINGS TO KNOW

CHANGING YOUR MEAL PLAN

The following guidelines apply to student-athletes who wish to change or cancel their meal plan option after the semester has begun:

1. All Freshman student-athletes residing ON-CAMPUS must eat in an on campus cafeteria for their first year of residence. This rule governs the entire university and all freshmen are accountable. Sophomore students who live on campus in residence halls (not apartments) are also required to purchase a meal plan.
2. Requests for the adjustment or cancellation of meal plans must be made to the Sr. Associate AD for Student Services of the Athletic Department.
3. If changing meal plans between semesters, notify Sr. Associate AD for Student Services prior to fee bills being issued for the following semester. (Fee bill distribution schedule: Fall-July; Spring-December; Summer-May).
4. All meal plan adjustments and cancellations must be made in writing. A meal plan adjustment/cancellation form must be Completed and signed/approved by the Head Coach and returned to the compliance office.



ATHLETIC EQUIPMENT

EQUIPMENT POLICIES

As a member of an LSU athletics team you will be issued athletic equipment and workout and competition gear, uniforms, equipment as necessary. This equipment and clothing is intended for competition and practice only. It may not be used at any other time. You will be responsible for any lost or stolen equipment items. If you are fined for lost, damaged or non-returned uniforms or equipment, you must pay all fines. If fines are not paid, a hold is placed on your university account preventing you from completing registration for future academic terms.

LAUNDRY

Laundry policies vary from sport to sport. Normally, arrangements for the cleaning and laundering of gear are made by the Equipment Manager. You are provided a clean set of workout gear for each practice, as well as clean uniforms for each game. You are responsible for picking up your gear before practice, and for delivering it to the designated laundry drop-off area after practice. Please note that personal laundry cannot be washed through the Equipment Room facilities.

DIRECTORY

SENIOR ATHLETICS ADMINISTRATION STAFF

Scott Woodward	Director of Athletics	225-578-3600	dsw@lsu.edu
Brandi Douglass	Chief of Staff	225-578-3600	bdouglass@lsu.edu
Verge Ausberry	Deputy Director of Athletics (Football)	225-578-6603	vausbe1@lsu.edu
Bo Bahnse	Senior Associate AD - Compliance Planning	225-578-3892	bbahnse@lsu.edu
Robert Munson	Senior Associate AD - External Affairs (M & W Track & Field/Cross Country)	225-578-1801	robertm@lsu.edu
Emmett David	Senior Associate AD - Facilities & Project Development	225-578-5986	edavid@lsu.edu
Neal Lamonica	Associate AD - Business & Finance	225-578-4798	nlamoni@lsu.edu
Bill Demastes	Faculty Athletic Representative	225-578-3132	wdemast@lsu.edu
Mark Ewing	Senior Associate AD - CFO (M & W Golf, M & W Tennis, Gymnastics)	225-578-6783	mrewing@lsu.edu
Matthew LaBorde	Asst. Athletic Director/Business & Finance (M. Basketball)	225-578-0680	mlabor5@lsu.edu
Miriam Segar	Senior Associate AD - Student Services & SWA (Baseball, W. Basketball, Soccer, Softball, M & W Swimming and Diving, Volleyball, Beach Volleyball, Cheerleading)	225-578-5785	msegar@lsu.edu

COX COMMUNICATIONS ACADEMIC CENTER FOR STUDENT ATHLETES

Kenneth Miles	Asst. Vice Chancellor - Executive Director	225-578-8430	komiles@lsu.edu
Sarah Moran	Assistant to the Executive Director	225-578-6518	smoran@lsu.edu
Johnathan Levesque	Information Technology Manager	225-578-6637	jlevesque@lsu.edu
Walter Holliday	Director of Academic Affairs (Football)	225-578-7758	wholliday@lsu.edu
Dr. Louise Bodack	Director of Student Affairs	225-578-0504	lbodack@lsu.edu
Carole Walker	Senior Associate Director (Soccer, Softball, W. Basketball)	225-578-7647	cwalker@lsu.edu
Adriana Mason	Associate Director (M. Basketball, W. Track & Field, Beach Volleyball, & Volleyball)	225-578-5737	almason@lsu.edu
Kirstin DeFusco	Associate Director (Baseball, M/W Golf, Gymnastics)	225-578-1893	kdefusco@lsu.edu
Delanie Authement	Academic Advisor (M/W Tennis, M&W Swimming/Diving)	225-578-0385	dauthe2@lsu.edu
Jason Shaw	Associate Director (Football) & Project Graduation	225-578-5784	jshaw@lsu.edu
Calvin Marshall	Academic Advisor (Football)	225-578-4356	cjmarshall@lsu.edu
John Parham	Academic Advisor (M/W Track & Field)	225-578-6096	jgparham@lsu.edu
Dedrick Ford	Learning Specialist	225-578-0217	dford19@lsu.edu
Carli Faulkner	Learning Specialist	225-578-0741	cfaulkner@lsu.edu
TBD	Learning Specialist	225-578-5738	TBD
Lauren Kirby Bove	Learning Specialist	225-578-6952	lkirby4@lsu.edu
Dorothy Kemp	Director of Educational Support Services	225-578-3138	dkemp2@lsu.edu
Rachel Herrington	Tutorial Coordinator	225-578-2182	rherrington@lsu.edu
Brad Jones	Math Specialist	225-578-6787	brjones@lsu.edu
Brenton Sumler	Manager, Shaquille O'Neal Student-Athlete Development Program	225-578-7464	bsumler@lsu.edu

ATHLETIC DEPARTMENTS

Equipment	225-578-1185
L-Club	225-578-7147
Marketing and Promotions	225-578-6884
Sports Informations	225-578-8226
Strength & Conditioning	225-578-1150
Ticket Office	225-578-2184
Broussard Center for Athletic Training	225-578-2050
Football Operations for Athletic Training	225-578-9244

DIRECTORY

ATHLETIC TRAINING		CELL	OFFICE
Jack Marucci	Director of Athletic Training - Football	225-268-1697	225-578-2451
Derek Calvert	Associate Athletic Trainer - Football	225-400-7926	225-578-6070
Andy Barker	Athletics Manager (Insurance Coordinator)	225-268-1310	225-578-8315
Micki Collins	Senior Associate Athletic Trainer - Football	225-268-1311	225-578-2496
Shawn Eddy	Senior Associate Athletic Trainer - M. Basketball, Tiger Girls	225-268-1307	225-578-4151
Maria Berthiaume	Assistant Athletic Trainer - Men's & Women's Swimming and Diving	225-218-3318	225-578-2050
CJ Walker	Assistant Athletic Trainer - Men's & Women's Track and Field/CC	225-400-7926	225-578-8939
Shelly Mullenix	Senior Associate Athletic Director - Football, Director of Wellness	225-268-1309	225-578-8642
Cory Couture	Associate Athletic Trainer - Baseball and M. Golf	225-678-1314	225-578-1284
Derek Calvert	Associate Athletic Trainer - Football, M. Tennis	225-400-7926	225-578-6070
Pamela Workman	Associate Athletic Trainer - Drug Prevention Asst., Softball, W. Golf	225-413-8312	225-578-2491
Mallory Mickus	Assistant Athletic Trainer - Beach Volleyball	225-326-3764	225-578-2050
Amanda Barbee	Assistant Athletic Trainer - W. Basketball	225-337-3267	225-578-2050
Catherine Walker	Assistant Athletic Trainer - Volleyball	225-326-8782	225-578-2050
Josh Pratt	Associate Athletic Trainer - Gymnastics	225-819-6625	225-578-3894
Hannah Faldetta	Assistant Athletic Trainer - Soccer, Cheerleading		225-578-2050
Daniel Cadavid	Assistant Athletic Trainer - Men's & Women's Tennis, Drug Prev. Coord.		225-578-5674

SPORTS DIETICIANS			
Zach Bennett	Registered Dietitian - Director of Football Nutrition	TBD	TBD
Lauren Marucci	Registered Dietitian - Associate Director (Athletic Department)	225-726-4581	225-578-2050
Rebecca Moore	Registered Dietitian - Associate Director (Athletic Department)	225-954-8013	225-578-2050
Olivia Polk	Registered Dietitian - Graduate Assistant Intern	TBD	TBD

SPORTS PSYCHOLOGY AND PERFORMANCE (WWW.LSUATHLETICTRAINING.COM/SPORTSPSYCH)			
Dr. Lakeitha Poole	Director (lpoole2@lsu.edu)	225-773-5555	225-578-8939
Bruce Buggs, LPC	Coordinator - Psychological Services (buggs2@lsu.edu)	225-394-9901	225-578-1274
Christine Sotile, MSW	Coordinator - Psychological Services (cstotil1@lsu.edu)	225-337-3087	225-578-0903

GOOD THINGS TO KNOW CONTACTS	
Campus Police	225-578-3231
Baton Rouge Police	225-389-3800
East Baton Rouge Sheriff Department	225-389-5000
LSU Student-Health Center	225-578-6716
Dean of Students	225-578-9442

***Reports of sexual misconduct shall be promptly investigated and also reported to the LSU Police Department and other law enforcement agencies (e.g., Baton Rouge Police Department or EBR Sheriff) when required. If you have been a victim or know someone who has been a victim of sexual assault, please contact the CONFIDENTIAL contacts below ASAP:

TITLE IX (SEXUAL MISCONDUCT) CONTACTS		
Jennie Stewart	Title IX Coordinator/Campus Coordinator	225-578-3918
Mari Fuentes - Martin	Title IX Deputy Coordinator for Students/LSU Dean of Students	225-578-9442
Jeff Scott	Title IX Investigator	225-578-3918
Lighthouse Program	Confidential Sexual Assault Survivors Resource	225-578-6549
SANE Program	Confidential Sexual Assault Nurse Practitioner	225-578-6085
STAR Program	Confidential Sexual Trauma, Awareness and Response Resource	225-383-RAPE

LOCATION INFORMATION

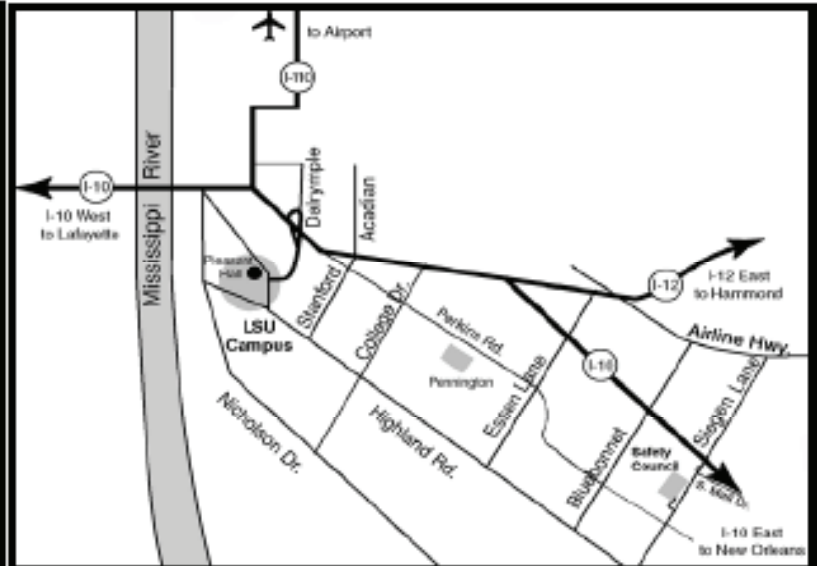
Parking on the LSU Campus

Everyone must pay to park on the LSU campus. Continuing Education participants have two options for parking:

1. You may park in any metered parking space and pay at the nearest pay station. Pleasant Hall has a metered lot adjacent to the building. The current rate is \$1 per hour, 7 AM to 10 PM, Monday through Friday.
2. At a reduced rate, you may purchase a parking permit, valid for the number of days of your course, at the Visitor's Center (Dairymple Drive at Highland Road). This permit allows you to park in the campus commuter lots during the day (see the parking link on our web site for blue/zone 1 lots). After 4:30 PM, by displaying your permit, you may park in any other LSU lot as long as you do not park in a metered space. To purchase this type of permit, you must show your confirmation/receipt.

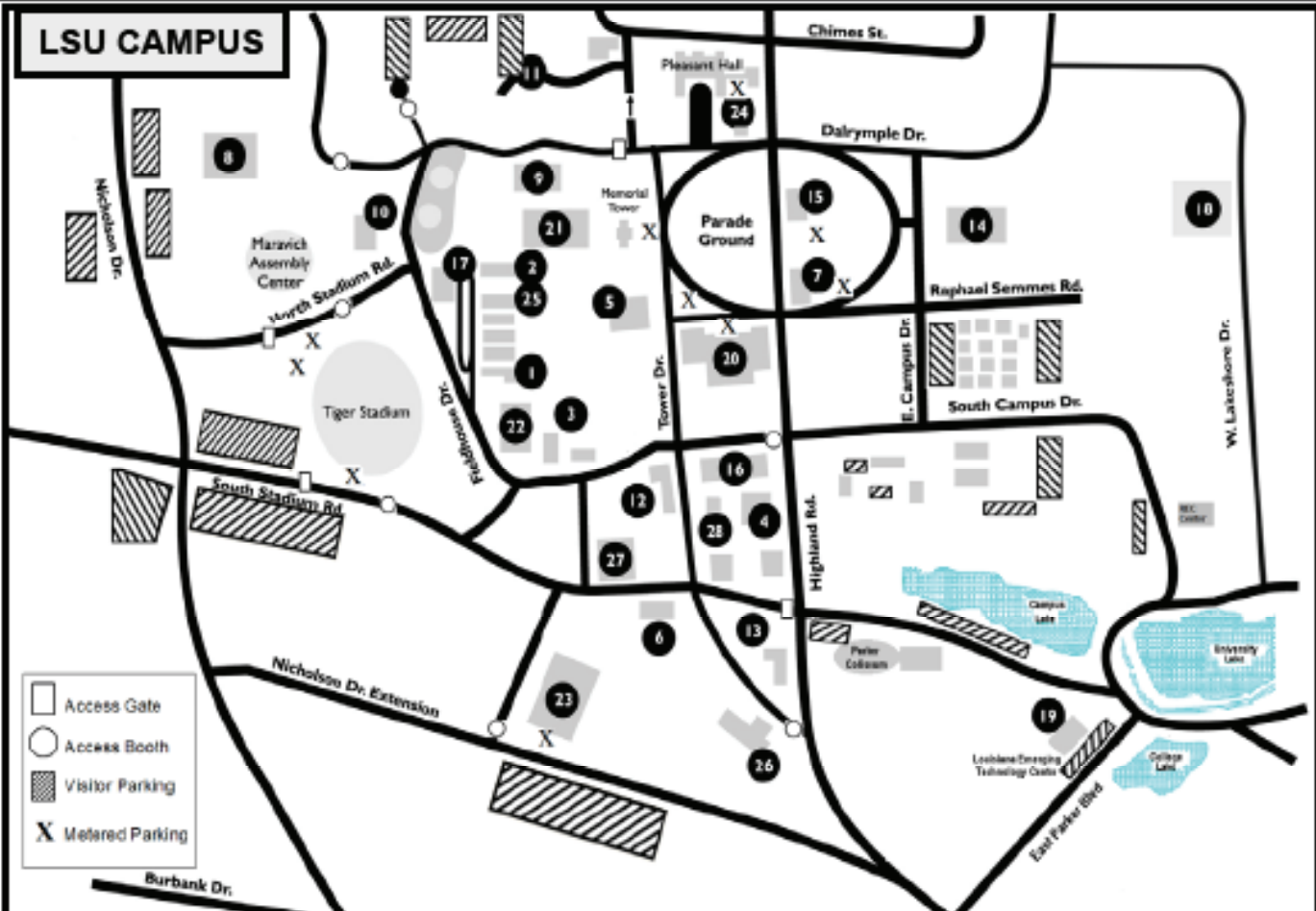
The Visitor's Center is open Monday through Friday, from 7 AM to 7 PM, and can provide parking information and campus maps.

LSU Visitor's Center Phone: 225-578-5030
 LSU Continuing Education Phone: 225-578-2500



Getting to the LSU Campus

From I-10, take the Dairymple exit. Turn right at the bottom of the ramp and follow Dairymple onto campus. The fourth traffic signal is Highland Road. After you pass Highland, turn right immediately into the Visitor's Center Parking Lot.



1) Agriculture Administration	7) Faculty Club	13) J.C. Miller Hall	18) La. Emerging Tech.	24) Pleasant Hall, Visitor Center
2) Allen Hall	8) Fieldhouse	14) Lab School	20) LSU Union	26) Prescott Hall
3) Art Building	9) Foster Hall	16) Law Center	21) Middleton Library	28) Sturgis Hall
4) Chopplin Hall	10) Gym Armory	18) Life Solenoes	22) New Design Bldg	27) Tureaud Hall
6) Coates Hall	11) Hart Parking Lot	17) Lockett Hall	23) Patriok F. Taylor Hall (formerly CEBA)	28) Williams Hall
8) E. B. Doran	12) Human Ecology	18) Lod Cook Conference		