



# NC State University **THE WOLF REPORT** May 2009



## NEW LEGISLATION EFFECTIVE IMMEDIATELY

The following NCAA legislation proposals have been adopted and are effective *immediately* :

### **Prize Money for Individual Sport Student-Athletes outside the playing season:**

Student-Athletes participating in individual sports may now accept prize money based on his or her place finish or performance in an open athletics event, as long as it is not an invitation only event and the competition occurs outside the institution's declared playing and practice season during the summer vacation period. The money cannot exceed actual and necessary expenses and is provided only by the sponsor of the open event.

### **Travel following Championship Events and Postseason Football Games:**

NCAA championship events and postseason football games occurring during the institution's official vacation period during the academic year or between regular academic terms are exempt from the requirement that a student-athlete remain no longer than 36 hours following the conclusion of the competition in order to receive actual and necessary expenses to return to campus.

### **Electronic Transmissions Exception After Receipt of Room or Tuition Deposit:**

On or after May 1 of a prospect's senior year in high school, there shall be no limit to the forms of electronically transmitted correspondence that may be sent by an institution to the prospect, as long as the institution has received his or her room or tuition deposit in response to the institution's offer of admission.

### **Voluntary Summer Conditioning—Sports Other than Football and Basketball:**

In sports other than football and basketball, a prospect may engage in voluntary summer workouts conducted by an institution's strength and conditioning coach with department-wide duties and may receive workout apparel (on an issuance and retrieval basis), provided he or she is enrolled in the institution's summer term prior to full-time enrollment. In addition, the institution may finance medical expenses for a prospect who sustains an injury while participating in these workouts.

**Please see the Compliance Office staff for a full list of Adopted NCAA Legislation or if you have any questions. Check out upcoming issues of *The Wolf Report* for more about adopted legislation.**

## In This Issue:

- New Legislation Effective Immediately
- Nutritional Supplement Reminder
- Other Reminders

## Compliance Staff

- Michelle Lee**  
michelle\_lee@ncsu.edu  
515-5076
- Scott Byrd**  
scott\_byrd@ncsu.edu  
515-2902
- Robin Pate**  
robin\_pate@ncsu.edu  
513-1676
- Megan Finch**  
Megan\_finch@ncsu.edu  
515-2560
- Jason Hall**  
cointer@ncsu.edu

## Reminders...

- Monthly Paperwork:**  
Practice Logs and Official visits are due on the 10th of each month.
- Official Visits:**  
Use the most recent Official Visit forms, available on the Compliance website or in the Compliance Office. Remember, a transcript, test scores, and verification of registration with the Eligibility Center must be obtained prior to approval.

## NUTRITIONAL/DIETARY SUPPLEMENTS

**A memo was recently distributed by Marc Paul, the NCAA Drug-Education and Drug-Testing Subcommittee Chair, covering the Topic of Student-Athletes and Nutritional/Dietary Supplements:**

Student-athletes have tested positive for an NCAA banned substance from self-reported use of a nutritional/dietary supplement product. Some student-athletes assume that if they can purchase these products in retail stores and over the Internet, they must be allowed under NCAA rules -- **this is not true!** Student-athletes cannot rely on information on a Web site, advice from a store clerk, a distributor at the gym, or information on a product label for NCAA policy information; too many times this reliance has resulted in erroneous information regarding the presence of NCAA banned substances.

The NCAA subscribes to the Resource Exchange Center, REC, to provide you a confidential resource for questions about nutritional/dietary supplements. You can access the REC at [www.drugfreesport.com/rec](http://www.drugfreesport.com/rec), or call toll free at 877/202-0769. The password for internet access is ncaa1, ncaa2 or ncaa3.

**It is important to note that the NCAA does not endorse or approve any nutritional/dietary supplement product despite the fact that some manufacturers make that claim.** The NCAA encourages reliance on food for nutrition and recognizes that most nutritional supplements are ineffective, costly and unnecessary.

### **Other Reminders:**

#### ***Nutritional/Dietary Supplements:***

NCAA institutions are required under Bylaw 30.5 to educate student-athletes about NCAA banned substances and the products that may contain them. The NCAA encourages member schools to educate their staff members and to have in place a policy that advises student-athletes to check with an appropriate athletics administrator before using a supplement product. At NC State, student-athletes should speak with Charlie Rozanski in Sports Medicine before taking any Nutritional or Dietary Supplements. If a student-athlete tests positive for use of a supplement product and has not checked this product out with the athletics staff, the student-athlete bears full responsibility and sanctions for a positive drug test.

#### ***Awards, Benefits and Expenses—Fruit, Nuts and Bagels: Effective August 1, 2009***

Starting August 1, 2009 it is permissible to provide fruit, nuts and bagels for student-athletes. Current legislation allows for an institution to provide energy bars, carbohydrate/electrolyte drinks and carbohydrate boosters but does not allow them to provide actual food items, such as fruits, nuts or bagels. Dietitians working with student-athletes work to convince student-athletes and coaches that nutrition can have a very big impact on his or her athletics performance, and to convince them that they are not immune to the same types of health risks non-athletes face. While some sport nutritional supplements have an important role in the lives of athletes, encouraging a diet of healthy and natural foods is key for establishing a long term healthy lifestyle. Additionally, many permissible nonmuscle-building nutritional supplements may not be as healthy as they seem. Many contain high-fructose corn syrup, which has raised concern among nutritional experts because of the way it is broken down in the body. Excessive amounts of fructose have been theorized to be one of the contributors to the obesity epidemic. Fructose has also been linked, through research, to an increased risk for heart disease and accelerated bone loss. While this is an opportunity for institutions to provide healthy food for student-athletes throughout the day, it is also a cost saving measure for institutions since the actual food items cost less than many of the energy bars and other items that were previously permissible to provide.