10 NCAA Rules Every Athletic Trainer Should Know

NCAA Division I rules that influence the professional practice of the collegiate athletic trainer

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Influences on Professional Practice

- Federal & State Regulatory Agencies
- BOC Standards of Professional Practice
- NATA Code of Ethics
- NCAA Division I Bylaws & Sports Medicine Handbook
- Institutional Policies and Procedures
Regulation Selection Criteria

- Language of NCAA Bylaw directly addressed the position of Athletic Trainer
- Frequency of Athletic Trainer involvement in both minor and major violations of NCAA Bylaws
- Content of NCAA Bylaw is addressed in the NCAA Sports Medicine Handbook
Regulation Selection Criteria

- Content of NCAA Bylaw is relative to BOC Standards of Professional Practice and NATA Code of Ethics

- Content of NCAA Bylaw has the potential to impact the traditional professional responsibilities of the NCAA Division I ATC
NCAA Bylaw, Article 10

ETHICAL CONDUCT
10.1 Ethical Conduct

Unethical conduct by a current or former institutional staff member may include the following:

- Refusal to furnish information relative to an investigation of a possible violation of NCAA regulations
10.1 Ethical Conduct

- Knowingly furnishing the NCAA or institution with false information concerning a violation

- Knowing involvement in providing a prospective or enrolled student-athlete an improper inducement or extra benefit
10.1 Ethical Conduct

- Knowing involvement in providing a banned substance or supplement to student-athletes, or knowingly providing medications to student-athletes contrary to medical licensure, commonly accepted standards of care in sports medicine practice, or state or federal law
10.2 Knowledge of Banned Drug Use

A NCAA member institution’s athletics department staff members who have knowledge of a student-athlete’s use of a substance on the list of banned drugs shall follow institutional procedures dealing with drug abuse or shall be subject to disciplinary or corrective action.
NCAA Bylaw, Article 13

RECRUITING
An institution’s staff member may not be involved in making arrangements for the offering to give financial aid or other benefits to a prospective student-athlete. This may include:

- Employment
- Cash, loans, or reduced fee services
- Tangible items (Clothes, tickets, equipment)
13.2.7 Use of Training-Room Facilities

A prospective student-athlete who has signed a National Letter of Intent and is enrolled in the institution’s summer term may use the training-room facilities.

(All other PSA may not access the facility until team pre-season training begins)
NCAA Bylaw, Article 16

AWARDS, BENEFITS & EXTRA EXPENSES FOR ENROLLED STUDENT-ATHLETES
Permissible Medical Expenses

Permissible medical expenses incidental to student-athlete participation include:

- Athletics Medical Insurance (not personal insurance)
- Drug rehab expenses
- Disordered eating counseling expenses
- Glasses, lenses, or protective eye ware
- Medical exams and related expenses
- Expenses for medical treatment, including transport
16.11.2.1 Benefits, Gifts & Services

**General Rule for Non-permissible Benefits**

The student-athlete shall not receive any extra benefit.

An extra benefit refers to any special arrangement by an institutional employee to provide a benefit not authorized by the NCAA.
16.11.2.1 Benefits, Gifts & Services

Non-permissible benefits include:

- Discounts or credits for a purchase or service
- Free or reduced-cost services
- Personal use of telephone or credit card
- Entertainment services (i.e. additional game tickets)
- Money or loan of money
- Use of an automobile or other transportation
NCAA Bylaw, Article 17

PLAYING & PRACTICE SEASONS
17.02.13 Voluntary Athletic Activities

In order for athletic activity to be voluntary all of the following conditions must be met:

- Athlete is not required to report back to athletics department staff members (including AT)
- Activity is requested solely by the athlete
- Attendance is not recorded
- No penalty is received for not participating
17.1.6 Time Limits for Athletic Activity

*During the playing season the following limits apply:*

– 4 hrs per day / 20 hrs per week
– 1 day off within every 7 day period
– Practice prohibited after a competition

Time limits do not apply during vacation periods and athlete treatment time is not included in the countable hours of activity
17.1.6 Time Limits for Athletic Activity

*Outside of the playing season the following limits apply:*

- 8 hrs per week
- 2 day off per every 7 days
- Activity prohibited 1 week prior to final exams
- Activity prohibited during vacation periods
Prior to participation, student-athletes beginning their initial season of eligibility are required to undergo a medical exam by a physician within 6 months of participation.

In following years, an updated medical history shall be administered by an institutional medical staff member.
Strength Coaches

17.11.6.1 Conducting Non-mandatory Practice Session

*In relation to the sport of football…*

A member of the sports medicine staff must be present during all non-mandatory conditioning activities conducted by the strength coach.
Strength Coaches
17.11.6.1 Conducting Non-mandatory Practice Session

The sports medicine staff member must be empowered to have the unchallengeable authority to cancel or modify the workout for health and safety reasons, as he or she deem appropriate.
References


