



Student-Athlete Handbook

2024-2025
5054-5052

ATHLETIC STAFF DIRECTORY

Regis University Department of Intercollegiate Athletics
3333 Regis Blvd F20 ~ Denver, CO 80221
Main Number: 303-458-4368

Administration

Tommy Gilhooly	Associate VP/Director of Athletics	303-964-6648
Kate Whalen	Deputy Director of Athletics for Administration & Compliance/SWA	303-458-4071
Andy Wheeler	Deputy Director of Athletics for Performance & Finance	303-964-6401
Brian Loftus	Deputy Director of Athletics for Operations & Events	303-458-4368
Spencer Bowersmith	Assistant AD Sports Performance	303-964-6794
Philip Piech	Assistant AD Facilities	303-964-6893
Jackson Chladek	Assistant AD Facilities	303-458-4992

Sports Information

Mason Polk	Assistant AD for Athletic Communications	303-458-4052
------------	------------------------------------------	--------------

Sports Medicine

TBD	Head Athletic Trainer	303-458-4911
TBD	Assistant Athletic Trainer	303-458-4339
TBD	Assistant Athletic Trainer	303-458-4972

Strength & Conditioning

Spencer Bowersmith	Head S&C Coach	303-964-6794
Ryan McDaniel	Assistant S&C Coach	

Coaching Staff

Baseball	Pat Jolley	Head Coach	303-458-3519
Men's Basketball	Brady Bergeson	Head Coach	303-964-6311
Women's Basketball	Molly Marrin	Head Coach	303-964-5334
M&W Cross Country/Track	Willie Moore	Head Coach	

Women's Lacrosse	Sarah Kellner	Head Coach	303-964-3681
Men's Soccer	Taylor Diem	Head Coach	303-458-4359
Women's Soccer	Jeff Frykholm	Head Coach	303-458-4981
Softball	Candi Letts	Head Coach	303-458-4307
Volleyball	Joel List	Head Coach	303-458-4054

Undergraduate Academic Calendar 2024-2025

FALL 2024	Date	Day of the Week
Classes Begin	8/26/24	Monday
Labor Day (No Classes)	9/2/24	Monday
Add/Drop Ends	9/3/2024	Tuesday
Mass of the Holy Spirit (No 11am classes)	9/5/2024	Thursday
Fall Faculty Conference (No classes)	10/11/2024	Friday
Mid-Semester Break* (No classes)	10/14-15/2024	Monday-Tuesday
Withdrawal Ends	11/10/2024	Sunday
Spring 2025 Registration Opens	11/4/2024	Monday
Thanksgiving Holiday **	11/27-12/01/2024	Wed. -Sunday
Final Exams	12/9-13/2024	Monday-Friday
Term Ends	12/15/2024	Sunday

*Residence halls and food service will remain open during fall break.

** Residence halls will remain open. Classes resume Monday, December 2nd. Food Service closed Wednesday, November 27th - Saturday, November 30th.

SPRING 2025	Date	Day of the Week
Classes Begin	1/13/2025	Tuesday
Martin Luther King Day (No classes)	1/20/2025	Monday
Add/Drop Ends	1/21/2025	Tuesday
Spring Break*	3/1-9/2024	Saturday-Sunday
Withdrawal Ends	4/6/2025	Sunday
Easter Break**	4/1-20/2024	Friday-Sunday
Final Exams	4/28-5/2/2025	Monday-Friday
Baccalaureate Mass	5/4/2025	Sunday

Commencement	5/4/2025	Sunday
Term Ends	5/4/2025	Sunday

* Residence halls will remain open. Classes resume Monday, March 10th. Food Service closed Monday, March 3rd - Friday March 7th.

** Break begins at 6:00 p.m. evening before. Food service is closed starting Friday, April 18th and opens Sunday, April 20th for dinner. Residence halls will remain open. Classes resume Monday, April 21st.

TITLE IX

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

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

I. Accommodation of Interests and Abilities

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

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

II. Athletic Scholarships

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

III. Other Program Areas

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

11. recruitment of student-athletes.

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

NCAA AND CONFERENCE AFFILIATION

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

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



STUDENT-ATHLETE CODE OF CONDUCT

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

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

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

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

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

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

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

https://ncaaorg.s3.amazonaws.com/compliance/d2/2019-20D2Comp_SummaryofNCAAREgulations.pdf

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

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

sponsoring a social event on or off-campus at which alcohol is knowingly or unknowingly provided to students under the age of 21. All other violations of the alcohol policy are subject to enforcement through the Alcohol & Drug Policy.

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

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

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

Rationale: The use of unauthorized drugs and alcohol, as well as other controlled substances by student-athletes gives rise to problems and risks that are not commonly shared by other University students. The health risks associated with unauthorized drug use are often intensified by highly energized physical activity that is expected and demanded of athletes. The use of unauthorized drugs and other controlled substances violates the rules of the RMAC and the NCAA, which regulate the play of university teams, and can jeopardize not only the competitive qualifications of an individual student-athlete, but also the entire team and program. It is with deep concern for the wellbeing of the student-athletes under its charge and the integrity of the sports in which they engage that Regis University has determined to conduct a highly responsible drug, alcohol and other controlled substance use monitoring and testing program for its student-athletes.

- (3) **Use of Tobacco Products. NCAA Bylaw 11.1.5** The use of tobacco products is prohibited by all game personnel (e.g., coaches, trainers, managers and game officials) in all sports during practice and competition. Uniform penalties (as determined by the applicable rules-making committees and sports committees with rules-making responsibilities) shall be established for such use.
- (4) **Travel:** Student-Athletes should recognize all university-sponsored travel as a business trip and to conduct themselves professionally and focus on academics and competition. All student-athletes must adhere to the following rules while on University sponsored road trips:
- Student-athletes are required to travel to and from an athletic competition with their teammates and coaches.
 - All student-athletes must attend all team activities to include team meals, practices and competitions.
 - Family time may be allowed only after the completion of all team responsibilities
- (5) **Sports Wagering/Gambling:** According to NCAA Bylaw 10.3, student-athletes shall not knowingly:
- (a) provide information to individuals involved in organized gambling activities concerning inter-collegiate athletics competition;
 - (b) Solicit a bet on any intercollegiate team;
 - (c) Accept a bet on any team representing the institution; or
 - (d) Participate in any gambling activity that involves intercollegiate athletics or professional athletics, through a bookmaker, a parlay card or any other method employed by organized gambling.

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

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

- (6) **Sportsmanship:** All student-athletes are required to conduct themselves on and off the field of play in a respectful manner. Unacceptable behavior includes, but is not limited to, the following actions:
- Taunting opponents, coaches or fans.
 - Abusing officials either physically or verbally.

- Fighting with an opponent, before, during or after a competition. Any athlete who engages in a fight will be suspended for a minimum of one game beginning with the next contest. If the fight occurs in the last game of the season, the suspension will carry over into the following year. This rule applies to any fighting incident, no matter who initiated the fight or incident.
 - Throwing objects in an attempt to cause harm to or intimidate others or to express anger, displeasure or frustration.
 - Using obscene or other inappropriate language or gestures.
 - Making derogatory statements to the media directed at fellow athletes, coaches or the University.
 - Participating in any action which violates the recognized ethical standards of intercollegiate athletics, the University or the community.
- (7) **Amateurism:** In order to maintain continuing eligibility and not lose amateur status, the following activities must be avoided at all times during your time as a student-athlete at Regis University, including summer vacation periods:
- Involvement with a Sports Agent (see below).
 - Accepting prize money for any competition related to the sport in which you participate.
- (8) **Sports Agent Policy:** It is essential that student-athletes know the NCAA rules related to professional sports. The student-athlete is required to be familiar with and abide by all NCAA rules relating to agents and representation. An infraction of the rules concerning agents could have severe negative consequences for the University and student-athlete. The following is a brief summary of some of the most important aspects of the NCAA rules on agents. These rules forbid a student-athlete from:
- Agreeing, either orally or in writing, to be represented by an agent or organization in the marketing of his/her athletic ability or reputation until after completion of the last intercollegiate contest, including post-season games.
 - Negotiating or signing a playing contract in any sport in which the student-athlete intends to compete.
 - Asking to be placed on a professional league draft list.
 - Accepting expenses or gifts of any kind (including meals and transportation) from an agent.
 - Receiving preferential benefits or treatment (e.g. loans with a deferred payback plan) because of reputation, skill or pay back potential as a professional athlete.
 - Retaining professional services for personal reasons at less than the normal charge from a representative of his/her school's athletic interests.
 - These rules do not apply to Marketing Agents, who are permitted to negotiate Name, Image, and Likeness ("NIL") contracts and assist with other NIL activities on their behalf in exchange for fair market value payment to the Marketing Agent.
- (9) **Non-Discrimination and Sexual Misconduct:** The Athletic Department supports Regis University in all its effort to provide a safe and respectful community. The Athletic Department is committed to working with the appropriate University entities to abide by and enforce all parts of Regis University's Nondiscrimination and Sexual Misconduct Policy. If you believe there has been a violation of this policy or of harassment based on the protected classes outlined in the Regis policy, including sexual harassment or sexual violence, please contact:

Title IX Coordinator and EEO - Main Hall, 300, 303-964-6435 titleix@regis.edu

To review the policy in its entirety please go to <https://www.regis.edu/policies/non-discrimination-sexual-misconduct-retaliation-policy-procedure>

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

Hazing Definition: Hazing is any act committed against someone joining or becoming a member or maintaining membership in any organization that is humiliating, intimidating or demeaning, or endangers the health and safety of the person. Hazing includes active or passive participation in such acts and occurs regardless of the willingness to participate in the activities. Hazing creates an environment/climate in which dignity and respect are absent. Hazing applies to events hosted either on or off-campus and can occur with or without the student-athlete's consent. Hazing may also take the following forms:

- **Subtle Hazing:** Behaviors that emphasize a power imbalance between new members and veterans of the group or team. Too often they are mistakenly accepted as "harmless." Most often they involve ridicule, embarrassment and

humiliation, and could even be considered as harassment. Some new members seem to expect such treatment (e.g., name calling, etc.) and endure it for the sake of acceptance.

- **Harassment Hazing:** Behaviors that cause emotional anguish or physical discomfort that puts unnecessary stress upon the victims (e.g., verbal abuse and threats, etc.).
- **Violent Hazing:** Behaviors that have the potential to cause physical and/or emotional harm (e.g., beating, branding, excessive exercise, forced alcohol consumption, etc.).

(12) **Social Media Policy:** The posting of personal information on the web can produce far-reaching consequences. The Athletic Department will take disciplinary action against any varsity student-athlete who posts photos, captions or comments that depict athletes in violation of Colorado state laws, NCAA rules, RMAC Policy, Regis University policies, Athletic Department, or team policies. Posting content that is not in line with the values and mission of Regis University and the Regis Athletic Department as deemed by the Director of Athletics may also be subject to disciplinary action.

(13) **Policy Regarding Entertainment of Prospects:** Current student-athletes who are responsible for entertaining prospective student-athletes may not provide alcohol or any illegal substances to the prospect at any time during the period of the visit. In addition to Athletic Department policies, the student-athlete host must agree to abide by all NCAA regulations and Regis University Standards of Conduct policies, as well as be willing to exhibit a high standard of behavior and personal values. Violation of this policy may result in suspension, dismissal and or loss of athletic financial aid. In addition to Athletic Department policies, the student-athlete host should agree to abide by all NCAA regulations and Regis University Standards of Conduct policies, as well as be willing to exhibit a high standard of behavior and personal values.

(14) **Specific Team Conduct Policies:** Each team has its rules on file in the office of the Director of Athletics at the start of the academic year. These team rules will cover areas not cited elsewhere. The Director of Athletics supports our Regis University coaches in maintaining the values of sportsmanship and ethical behavior both in the athletic arena and the community at large. Repeated violations of team policies or failure to adhere to a behavioral Improvement are violations of the student-athlete Code of Conduct.

Student-Athlete Code of Conduct Violations

Enforcement Process:

1. Any student-athlete Code of Conduct violation must be reported immediately to the Athletic Director (AD). The AD will bring in appropriate campus resources (i.e., compliance, dean of students, legal counsel) as necessary.
2. The Athletic Director (or designee) will provide written notification informing the student-athlete of the alleged violation.
3. The student-athlete will be given 72 hours to respond in writing and provide any relevant evidence and witnesses.
4. In some circumstances, at the discretion of the AD, the student-athlete will be given the opportunity to resolve the violation informally. Informal resolution will not be appealable.
5. In cases where an informal resolution is not appropriate, the AD will review all the evidence and determine based on a preponderance of the evidence whether a violation has occurred, and if appropriate, will determine the sanction.
6. If a student-athlete fails to respond to allegations of a violation it will be viewed as an admission of fault and waive of the right to appeal.
7. The AD may decide to have an informal resolution. If the student athlete agrees to the informal resolution decision from the AD, the decision is not appealable.

Appeal Process for Student-Athlete Code of Conduct Sanction

1. The student-athlete must notify the Athletic Director, or designee, in writing, within 72 hours of receiving the written notice of the Sanctions. The AD will convene the Appeals Committee within 5 business days of the written request for appeal. The Appeals Committee will include at least three individuals: head coach, an athletics administrator and a Student Affairs representative.
2. The Appeals Committee will meet and the student-athlete may choose to speak to the Committee in person.
3. The Appeals Committee has up to 5 business days to make a decision on the appeal, the student-athlete will be notified in writing within 2 business days of the decision.
4. Copies of the warning letter, appeal letters and the written decision made by the Appeals Committee will be filed in the Athletics Department.
5. The decision of the Appeals Committee is final.

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

While on suspension, the student-athlete may not practice or compete; however, his/her financial aid will remain in place. Further, the student-athlete's name will remain on the squad list and he/she may utilize student-athlete support services, such as the weight and training rooms and academic support services.

Interaction with other policies:

The policies and procedures in the Athletic Handbook, in most cases, do not supersede Student Handbook, College Handbook, or Departmental policies. A violation of the Athletic Handbook may need to run in parallel to other disciplinary processes binding on the student.

Sanctions for Code of Conduct Violations

Sanctions for any violation of the Athletic Department Code of Conduct, will be at the sole discretion of the Director of Athletics.

Any violation of the Athletic Department Code of Conduct, shall subject the student-athlete to disciplinary sanctions, which can include, but are not limited to, the following:

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

Team Composition

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

CAMPUS SEXUAL VIOLENCE POLICY - THE TRACY RULE

(A NCAA policy to reinforce efforts of the Association in addressing campus sexual violence)

The Tracy Rule prohibits a current or prospective student-athlete convicted of Serious Misconduct from eligibility for athletically-related financial aid, practice, or competition at Regis unless a waiver has been granted. To review the full policy, visit <https://www.regis.edu/policies/tracy-rule-policy>

RESPONSIBILITIES OF THE STUDENT-ATHLETE

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

Academic Responsibilities

- Attend classes regularly and complete all academic assignments.
- Maintain an academic load of at least 12 credits per semester (for undergraduate students) and make "satisfactory progress" toward a degree while maintaining a minimum cumulative GPA of 2.0. (using Regis courses). Graduate students must carry a minimum of 6 credits per semester. Please note: your major may have higher standards for continuing in the program in good standing.
- Maintain academic eligibility as defined by the NCAA.

- Be honest and truthful in all academic work, contacts with faculty and interactions with fellow students.

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

Athletic Performance Responsibilities

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

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

NCAA Eligibility Responsibilities

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

Academic Eligibility

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

Eligibility for Practice & Competition

I. All new student-athletes must have a physical examination within 6 months prior to any participation, and must submit results of a sickle cell test. Returning student-athletes must have an updated history of their medical condition within 6 months prior to any participation.

II. All students must be certified eligible by the Compliance Office before they may practice or compete.

A. Freshmen

1. Must have final academic and amateurism certification from the NCAA Eligibility Center www.eligibilitycenter.org;
2. Must be registered as a full-time student (12 or more credits);
3. Must complete a New Student-Athlete Questionnaire;
4. Must complete NCAA Compliance Forms and related paperwork.

B. Transfers

1. Must complete a New Student-Athlete Eligibility Questionnaire;
2. Must be registered as a full-time student (12 or more credits);
3. Must declare a major when entering the 5th full time semester;
4. Must have final amateurism certification from the NCAA Eligibility Center if never attended or participated in athletics at a NCAA Division I or II institution;
5. Must meet NCAA requirements for 2-year or 4-year transfers;
6. Must have at least 9 transferable credits from the previous full-time semester;
7. Must complete NCAA Compliance Forms and related paperwork.

C. Continuing Students

1. Must meet Division II progress toward degree requirements:
 - a) Pass a minimum of 24 credit hours in previous year (fall, spring, summer), 18 credits must be earned during the academic year (Fall and Spring semesters);
 - b) Pass 9 credit hours passed in previous full-time semester to be eligible the following full-time semester;
2. Must be in good academic standing (cumulative GPA of 2.0 or higher);
3. Must declare a major at the start of the 5th full-time semester;
4. Must be registered as a full-time student (undergraduate -12 or more credits; graduate – 6 or more credits);
5. Continuing students who are new to a team must have final amateurism certification from the NCAA Eligibility Center and must complete the New Student-Athlete Eligibility Questionnaire;
6. Must complete NCAA Compliance Forms and related paperwork.

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

- A. NCAA Student-Athlete Statement
- B. NCAA Drug Testing Consent Form
- C. Student-Athlete Handbook Acknowledgement and Student Request for Release of Education Records Forms
- D. Minimum Expectations of Due Diligence Inquiries Form

Medical Hardship Waiver (MHW)

A student-athlete may be granted an additional year of competition by the conference for reasons of "hardship." Hardship is defined as an incapacity resulting from an injury or illness that has occurred under all of the following conditions:

1. the incapacitating injury or illness occurs in one of the four seasons of intercollegiate competition at any two-year or four-year collegiate institution;
2. the injury or illness occurs prior to the first competition of the second half of the playing season that concludes with the NCAA championship in that sport;
3. the injury or illness results in an incapacity to compete for the remainder of that playing season; and
4. when the student-athlete has not participated in more than three contests or dates of competition (whichever is applicable to that sport), or 30 percent of the maximum permissible number of contests or dates of competition for their sport.

Documentation for MHW

- Contemporaneous medical documentation that validates timing of injury or illness (i.e., Injury report from athletic training office);
- Contemporaneous letter or diagnosis from treating physician identifying injury or illness as "incapacitating"
- Contemporaneous medical documentation that verifies initial severity of injury or illness demonstrates incapacitation likely results for remainder of season (*recommended*);
- Contemporaneous documentation of follow-up doctor's visits (within the estimated time range) in which student-athlete is not cleared to resume playing *OR* treatment logs or trainer's room notes.

The compliance office will submit a MHW request to the RMAC office once all documentation is gathered by the student-athlete. Please contact the compliance office for additional information and instruction (kwhalen002@regis.edu or 303-458-4071).

Athletic Activities following initial full-time enrollment

Permissible:

Following initial full-time collegiate enrollment, participation in the following activities and receipt of the following benefits will not jeopardize the amateur status of an individual:

- **Actual and Necessary Expenses From an Outside Amateur Sports Team or Organization.** Receipt of actual and necessary expenses from an outside amateur sports team or organization for competition and practice held in preparation for such competition. Practice must be conducted in a continuous time period preceding the competition except for practice sessions conducted by a national team, which occasionally may be interrupted for specific periods of time before the competition;
- **Awards Based on Performance in Outside Competition.** Receipt of an award (e.g., trophy, medal) based on place finish or performance in outside competition, subject to the rules of the amateur organization that governs the competition;

Impermissible: participation in the following activities and receipt of the following benefits may jeopardize the amateur status of an individual:

- **Competition Against Professionals.** An individual may participate singly or as a member of an amateur team against professional athletes or professional teams.
- **Competition With Professionals.** Following initial full-time collegiate enrollment, an individual shall not be eligible for intercollegiate athletics in a sport, if the individual competed on a professional athletics team in that sport.
- **Professional Player as Team Member.** Following initial full-time collegiate enrollment, an individual may participate with a professional on a team, provided the professional is not being paid by a professional team or league to play as a member of that team (e.g., summer basketball leagues with teams composed of both professional and amateur athletes).

Please contact the Compliance Office for additional information.

Name, Image, Likeness: following initial full-time collegiate enrollment, all athletes must comply with the requirements of the Regis University Name, Image, and Likeness Policy.

TRANSFER POLICY

NCAA Transfer Portal

The requirements for a student-athlete to be added to the transfer portal:

- a. A student-athlete may request to be put into the NCAA transfer portal at any time by notifying the compliance office through their ARMS account. Choose “Workflow Launchpad” under the “Workflows” tab on your dashboard.
- b. Prior to being entered into the NCAA Transfer Portal, the student-athlete must complete the Division II Transfer Educational Module <http://d2transfer.s3-website-us-east-1.amazonaws.com/> and provide proof of completion (fill out and send the printable certificate, which is available following completion of the module) to the compliance office.
- c. The compliance officer will enter the SA information into the NCAA Transfer Portal within 7-consecutive calendar days of receipt of confirmation of completion of the Division II Transfer Educational Module and written notification of transfer from the student-athlete, whichever occurs later.

Additional Information Regarding Entering the NCAA Transfer Portal:

- a. A student-athlete must provide written notification of transfer to the institution by June 15th in order to utilize the one-time transfer exception (not applicable to midyear transfers);
- b. Regis University may not object to use of the one-time transfer exception;
- c. The head coach of the certifying institution (the one to which you are transferring) and the student-athlete must certify in writing that no athletics staff member or other representative of the institution's athletics interest communicated or made contact with the student-athlete, or any individual associated with the student (e.g., family member, scholastic or non-scholastic coach, advisor), directly or indirectly, without first obtaining authorization through the notification of transfer process; and
- d. Regis University may reduce or cancel an athletics aid agreement that has been signed for the next academic year.

Additional information regarding the transfer process can be found at NCAA.org under the Student-Athletes tab. <https://www.ncaa.org/sports/2015/2/13/want-to-transfer.aspx>

RU Name, Image, Likeness Policy

The Name, Image, and Likeness (NIL) policy describes permissible ways in which student-athletes may earn compensation for their NIL. To review the Regis University policy. Hyperlink is forthcoming. Contact the compliance office for additional information and resources.

ACADEMIC ADVISING, TUTORING AND LEADERSHIP OPPORTUNITIES

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

respective Colleges. These academic advisors are aware of those students who are athletes and work with the student-athlete to schedule classes that are conducive to the athletic schedule whenever possible.

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

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

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

Athletics Class Absence Policy

The following policy regarding student-athlete absences from class was adopted by the faculty and is in place for the 2024-25 academic year. This policy DOES NOT excuse the student-athlete from completing any assigned class work, it simply establishes a plan to make up work that is missed due to class absence for athletic related activities.

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

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

Student-Athletes:

- The student-athlete shall give a copy of the team's schedule to each professor during the first week of class, **highlighting the dates that will be in conflict with that specific class** along with the attached letter by the Faculty Athletic Representative.
- After the student-athlete gives each professor a copy of the highlighted schedule, the student will ask whether the professor anticipates any critical problems with the arrangement and whether the student's ability to earn a mark equivalent with a non-athlete doing the same quantity and quality of work will be jeopardized by the arrangement. Either right then or at the next meeting of the class, the professor will inform the student-athlete whether the arrangement is acceptable. This will allow both student-athlete and teacher to plan alternative arrangements if the schedule is unsatisfactory or, if the schedule is acceptable, to discuss appropriate arrangements.
- **The student-athlete will email the professor one week prior to missing class to establish a plan to make up any missed class work.**
- **Student-athletes will be expected to keep professors aware of any anticipated changes to game schedule such as weather changes or post-season competition.**

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

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

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

SPORTS INFORMATION

The Sports Information Office handles communication between the Athletic Department, the media, community and fans. The office consists of one full-time supervisor (Assistant AD-Communications, TBD) and two part-time graduate assistants. Each team is assigned to a member of the sports information staff, who serves as the primary contact person for that sport. The current sport breakdown is as follows:

TBD: M/W Golf, Volleyball, Women's Soccer, Men's Basketball, Baseball, Women's Lacrosse

TBD: M/W Cross Country, Men's Soccer, Women's Basketball, Softball

TBD: Creative content/primary photographer

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

- Producing news releases, feature stories and athletic publications, including game notes, schedule posters, social media content, etc.
- Game day photography and creative content;
- Arranging interviews with print and electronic media outlets;
- Serving as the official scorekeepers during home events; all statistical decisions made by the Sports Information Department are deemed official and final. Official statistics may only be disputed by the head coaches of the competing teams. Stat correction for road games must be requested by a Regis head coach, but the home SIDs will have final decision. For more information regarding statistical requests, please ask your head coach and refer to the official [Stat Request Form](#).
- Compiling season statistics and records, creating and upkeep of historical record books;
- Nomination of student-athletes for conference and national athletic and academic honors;
- Maintaining the historical archives of the Athletic Department;
- Scheduling photography, video and audio sessions;
- Managing and maintaining the Athletic website: www.regisrangers.com;
- Responding to media and fan inquiries;
- Serving as the University's media liaison to the NCAA, and Rocky Mountain Athletic Conference (RMAC) and other governing bodies.

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

SOCIAL MEDIA POLICY

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

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

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

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

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

Utilizing social media applications such as Twitter, Facebook, Instagram and YouTube, the Regis University Sports Information Office wants to get Ranger student-athletes, their families and friends, the entire Regis campus and the community involved in the conversation regarding the successes of Rangers Athletics.

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

Regis Athletics on social media, and direct family and friends to Regis Athletics social media accounts, to stay up-to-date on the latest department information.

ATHLETIC FINANCIAL AID POLICIES AND PROCEDURES

The Office of Financial Aid oversees all financial aid (athletic and institutional). Institutional financial aid may be awarded for any term during which a student-athlete is in regular attendance as an undergraduate with eligibility remaining under NCAA Bylaw 14.2 or as a graduate student eligible under Bylaw 14.1.9. Student-athletes receiving athletic grant-in-aid and need-based financial aid shall observe University, NCAA, conference, state, and federal regulations governing financial aid awards. Athletic scholarships, the values of which are varying combinations of tuition, fees, housing, meals, and books are available to student-athletes who demonstrate exceptional athletic ability.

Financial Aid at Regis University is based on the following policies:

1. Student-athletes can receive institutional financial aid up to a full grant-in-aid (tuition and fees, housing and meals, and required course-related books). All student-athletes receiving any University assistance for housing and/or meals are required to live in University housing. Financial aid for housing and meals will not be provided to student-athletes who choose to live off-campus. Refunds will not be given.
2. A full grant-in-aid may consist of a combination of merit scholarships, need-based grants as determined by the FAFSA [including Federal Pell Grant and the COF (College Opportunity Fund) Stipend], and athletic scholarship. External scholarships or grants may stack on top of a full grant-in-aid, up to a student's full cost of attendance, but the student must reside on-campus.
3. Student-athletes must fulfill and maintain all academic requirements for admission to an eligible degree-seeking program to the university to be eligible for their institutional financial aid.
4. Student-athletes must meet and maintain NCAA academic eligibility requirements to receive athletically related aid.
5. Athletic scholarships are awarded annually. All forms of financial aid are up for renewal annually at the university's discretion and based on funding availability.
6. An athletic grant-in-aid may be renewed as long as the student-athlete maintains his/her NCAA eligibility, has a FAFSA on file for the upcoming year, and is in good standing within his/her athletic program and the university. Athletic scholarships are awarded at the discretion of the head coach, with the approval of the Director of Athletics (or designee) and the Office of Financial Aid within the financial aid policy of the University.
7. Per NCAA rules, all student-athletes will be notified in writing of their continued athletics aid status no later than July 1st each year.
8. If a student-athlete graduates prior to the completion of their grant-in-aid agreement terms, their remaining athletic scholarship money will be immediately canceled (ex: a fall sport student-athlete graduates in December instead of May and has exhausted all eligibility). No refunds will be issued.
9. If a student-athlete is approved by both their Academic Advisor and the athletics Compliance Officer to enroll less than full-time in their final semester before graduating, their cost of attendance will be prorated based on the number of enrolled credits, and their total financial aid award (including their athletic award) will be adjusted based on institutional policy.

Conditions for Reduction or Cancellation

Student-athletes' fulfillment of responsibilities and expectations in the classroom and/or as a member of the athletics program may affect decisions surrounding renewal/reduction/non-renewal of their athletic grant-in-aid. During the period of the financial aid award, Regis University may prorate or cancel a student-athlete athletic scholarship if he/she:

1. Makes himself or herself ineligible for intercollegiate competition;
2. Fraudulently misrepresents any information on an application, letter of intent, or financial aid agreement.
3. Engages in serious misconduct, warranting a strong disciplinary penalty.
4. Voluntarily withdraws from their sport.
5. Violates a non-athletically related condition outlined in the financial aid agreement.
6. Violates a documented institutional rule or policy (ex: student code of conduct, athletics department policy, team rules, etc.).

Voluntary Withdrawal from Team

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

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

1. The Athletic Department shall inform all athletes of their responsibilities and requirements.
2. In cases where a student-athlete is not meeting these requirements, and it is determined that aid will not be renewed or aid will be canceled, the student-athlete will be notified in writing by the Athletic Department and/or the Office of Financial Aid.
3. Per NCAA rules, all student-athletes will be notified in writing of their continued athletics aid status no later than July 1st each year.
4. In all cases of cancellation or reduction, excluding voluntary withdrawal, the student-athlete will be given instructions on how to request an appeal in the written notification of their financial aid status.
5. The student-athlete will have 14 days from the receipt of the letter to appeal the decision. The student-athlete and the coach will write letters to the Appeals Committee. The Appeals Committee will be made up of representatives around the Regis Community (excluding members of the Athletic Department).
6. The Appeals Committee will meet, and the student-athlete and the coach can choose to speak to the committee in person.
7. Once a decision is made regarding the grant-in-aid, the student-athlete and the coach will be notified in writing.
8. Copies of the athletics aid letter, appeal letters, and the written decision made by the Appeals Committee will be kept in the Office of Financial Aid and the Athletics Department.

Written Notification of Appeal

A student-athlete who wishes to appeal the decision related to his/her athletically related financial aid may submit a written request within 14 days from the receipt of the letter to the Office of Financial Aid athletic aid authority that includes the following information:

1. The student-athletes name, Regis ID, year in school;
2. The sport;
3. Reason(s) for believing that the decision to reduce or cancel the athletic scholarship was unwarranted. The student-athlete should include the name(s) of institutional staff members (i.e., coaching staff, personal counselor, Office of Financial Aid counselor, etc.) with whom the student has discussed this belief;
4. Copies of any relevant documents supporting the appeal.
5. The Appeals Committee will reconvene with the new information and render a decision. See steps 7 and 8 above.

Timing for Reduction or Cancellation

Any reduction or cancellation of aid during the period of the award may occur only after the student-athlete is provided an opportunity for a hearing per NCAA Bylaw 15.3.5.1.1.

Conditions for Dismissal

Regardless of a recommendation on the renewal of an athletic scholarship, it is the coach's prerogative to dismiss a student-athlete from a team for any reason at any time.

Availability of Other Types of Financial Aid

Student-athletes may receive other forms of federal, state, institutional, or external financial aid. Federal and state funds are awarded by the Office of Financial Aid based on the FAFSA (Free Application for Federal Student Aid) and CANNOT be promised to the student-athlete by a coach or any member of the Athletic Department. Student-athletes must report all external scholarships to the Deputy Director of NCAA Compliance prior to the start of the academic year.

- No estimates will be sanctioned or honored by the University for federal, state, or campus-based financial aid funds other than those granted through the official financial aid process.
 - The aforementioned aid is only available after completing all forms mandated by the government and after the award process is completed.
- All domestic student-athletes receiving athletic grant-in-aid are required to complete the FAFSA and submit the application to the Office of Financial Aid.
- Student-athletes are eligible to apply for other institutional and external funds according to the financial aid policies and procedures of the University.

Special and/or Unusual Circumstances

A review of a student's special and/or unusual circumstances does not automatically guarantee additional funding or the exception of any aforementioned policy.

SPORTS PERFORMANCE

Athletic Training

Mission

Athletic Training is available for student-athletes. The athletic training staff at Regis University works in cooperation with other health care professionals and sports team members to ensure the student-athletes' medical care will be both appropriate and comprehensive. This approach provides the student-athletes with efficient and professional medical care. Athletic trainers have extensive training in the areas of:

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

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

The Athletic Training Department works with an orthopedic surgeon, a team general practitioner, a chiropractor, and physical therapists. An athletic trainer will be present and provide medical coverage at all official team practices and in season games.

Please see the Sports Medicine Handbook for the following material:

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

Student-Athlete Well Being

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

Athletic Training Room Regulations

1. No participation in any conditioning, workout, practice or games without all proper paperwork turned into the designated online portal, properly filled out and cleared by a staff Athletic Trainer. If the paperwork is not completed, the athlete will be listed as ineligible to the Deputy Director of Athletics for Compliance.
2. The athletic training room is a health care facility. Please act accordingly.
3. Report all injuries to the athletic training staff immediately. Do not report an injury that happened days prior, minutes before practice.
4. Hours of operation
Monday – Friday 10:00am – 5:00pm

- The athletic training room will be open 1 hour before the first practice or game, and a minimum of 30 minutes after the last practice or game.
 - ** Athletic Training Room hours may need to be adjusted based on practice schedules.
 - ***Saturday, Sunday, and Holidays: Hours will be set according to practice and/or games times.
5. All Athletes must make appointments for all treatments/evaluation through the Calendly App. If the times provided do not fit your schedule, please text your assigned Athletic Trainer directly. Please allow up to 24 hours for a response.
 6. **SHOWER!!** Before post-practice treatments or getting into the whirlpools. You will not be allowed to do treatments or use the whirlpools without fully showering and using soap.
 7. Bring your own towel if you are using the whirlpools.
 8. Morning treatments/rehabilitation and all other health care issues will be scheduled by your team's athletic trainer. Please be on time to your scheduled appointment.
 9. Any athlete that feels they will not be able to compete in an afternoon practice/game as a result of an injury or illness needs to report to their Athletic Trainer before 10:00am.
 10. If need should arise for medical care after hours, athletes should first contact their team's assigned athletic trainer by phone or text followed by your coach. The athletic trainer will also notify the coach. In the event of an emergency, call 911 first!
 11. All injuries **MUST** be reported to your assigned athletic trainer.
 12. No shoes are allowed on treatment tables and no cleats should be worn in the athletic training room.
 13. Respect all athletic training staff members, work study-students, and clinical students. There will be zero tolerance for inappropriate behavior.
 14. Do not remove anything from the athletic training room!
 15. First come, first serve. Allow yourself enough time for taping needs. You cannot miss or be late to practice because you were in the AT room.
 16. The athletic training room is not a lounge. If you are not receiving treatment or doing rehabilitation, do not loiter in the AT room.
 17. Absolutely no food or drinks besides water are permitted in the athletic training room.
 19. No yelling or obscene language will be tolerated.
 20. You are responsible for all equipment checked out to you. Once your season has been completed or you no longer need the equipment return it to the athletic training room.
 21. Appropriate attire will be worn at all times in the athletic training room. Especially when using the whirlpool, no articles of clothing that could become see through when wet.
 22. Any student athlete that sees a medical provider on their own must bring release plus doctor's notes from that provider before they are allowed to return to competition.
 23. Coaches are encouraged to discuss injuries with the sports medicine staff, ask questions, but at no point in time are they able to make decisions regarding treatment, rehabilitation or evaluations. Unless a medical emergency situation arises without an athletic trainer present.
 24. If a student-athlete chooses to seek physical therapy/seek a physician outside of Regis University Sports Medicine Department, all notes and paperwork must be brought to Regis University sports medicine staff to be included into the student-athlete's file and to be reviewed by the staff before returning to team activities.
 25. Photos or videos (Snapchat, Instagram, Tik Tok) are not allowed in the athletic training room. These can violate HIPAA of other student-athletes using the facility.
 26. Athletic Trainers do create educational content for the Regis Sports Medicine social media. Verbal consent will be obtained from those featured in the content previous to posting.
 27. If an athlete is repeatedly disregarding rules and/or disrespecting equipment, people, or staff, they can lose privileges of the athletic training room.
 28. The athletic training room is a safe place for all individuals who come from all different backgrounds and beliefs. Zero tolerance policy for discrimination towards protected classes such as race, color, religion, sex (including pregnancy, sexual orientation, or gender identity), national origin, age, disability, etc.

Phone Numbers to Know:

Campus numbers:

Campus Safety: 303-458-4122

Office of Counseling: 303-458-3507

Student Health Center: 303-458-3558

National numbers:

Suicide and Crisis Lifeline: 988

Colorado Crisis Services: 844-493-8255 or text TALK to 38255

The Blue Bench (Sexual assault prevention and support): 303-322-7273

Victim Advocacy and Prevention: 303-458-4029

Trevor Line (LGBTQ): 1-866-488-7386 or text 678678

National Sexual Assault Hotline: 1-800-656-4673

Athletic Injury Secondary Insurance Policy

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

Referral Policy:

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

SECOND OPINION:

If a student-athlete chooses to have a second opinion regarding an athletic related injury/illness, the student-athlete must notify the supervising Certified Athletic Trainer. The student-athlete must obtain a secondary insurance card from the Certified Athletic Trainer. After the appointment, the student athlete must submit to the Certified Athletic Trainer a copy of the physicians' report including a diagnosis, treatment protocol, and a statement regarding medical status (full return, no practice, etc.).

Responsibilities of Student Athlete with Secondary Insurance:

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

Drug Screening and Testing Procedures

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

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

Drug Testing Procedures:

1. The Athletic Department will conduct unannounced drug screenings during the course of the calendar year. These screenings may occur at any point while the student-athlete is an active member of Regis Athletics on a date chosen by the Athletic Director and/or program administrator.

2. Student-athletes will be randomly selected at a 7.5% of roster size for each individual program. Each individual program will be selected up to eight (8) times a year for testing.
3. In addition, if there is reasonable suspicion indicating the need to test specific individuals, those individuals may be tested. Reasonable suspicion may be, but is not limited to:
 - a. observed possession, observed use or reports of concern related to substances appearing to be prohibited drugs,
 - b. arrest or conviction for an offense related to the use, possession or transfer of prohibited drugs or substances on or off campus,
 - c. observed abnormal appearance, conduct or behavior reasonably interpretable as being caused by the use of prohibited drugs or substances. Among the indicators which may be used in evaluating student-athlete's abnormal appearance, conduct or performance are: decrease in class attendance, significant GPA changes, decrease in athletic practice attendance, increased injury rate or illness, physical appearance changes, academic/athletic motivational level, emotional condition, mood changes and illegal involvement,
 - d. universal, well-known, socialistic and/or prevalent information/knowledge regarding the student-athlete, student-athlete's program or student-athlete's living quarters,
 - e. information revealed during an official Regis Athletics, Regis University, RMAC and/or NCAA investigation.
4. Once notified in person, each student-athlete selected to be screened will be escorted to testing immediately.
5. The collection site will conduct the screening and will release the student-athlete once the athlete has successfully provided a sample. The student-athlete may not leave the collection site until the required sample has been given. If the student-athlete must leave the testing site due to class, the student-athlete may leave however, then must return to immediately following class to provide a sample. The student-athlete cannot return to athletics until an official sample for screening is provided.
6. Refusal to comply with all of the above stated requirements and/or refusal to provide a sample after being notified of selection will be treated as a positive test.
7. The Athletic Director, Program Director, student-athlete and Head Coach of the student-athlete will be notified immediately of any positive drug testing results.
8. No student-athlete is entitled to nor may they request a drug test.

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

Sanctions for Drug Violations

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

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

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

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

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

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

Strength & Conditioning

Weight Room Policy

1. Use of the weight room must be under proper supervision of a Regis S&C coach or athletic trainer. No student-athlete may ever work out alone.
2. Be aware of your own safety and the safety of others. If unfamiliar with an exercise, ask your coach for proper instructions.
3. Do NOT remove equipment from the weight room unless given permission by S&C staff.
4. Bags and sport equipment are not allowed in the weight room. Please leave it in your dorm, locker room or outside the doors. No dirty shoes allowed.
5. All barbells, dumbbells and weight plates must be returned to their proper racks/location.
6. Absolutely NO FOOD, DRINK, TOBACCO OR GUM is allowed in the weight room. Water bottles are permitted.
7. The Weight Room is closed to ALL student-athletes during the NCAA mandated dead week during winter break.
8. No headphones are permitted during team S&C sessions.
9. Athletic department staff members are only permitted to use the strength and conditioning facility during open lifting hours
10. "Open Hours" will be held in order to offer additional student-athlete weight room availability in the event that the student-athlete has a prior conflict or who wants/needs extra training or care.
11. Powerades are to be distributed by S&C staff only.
12. If you are going to be late or plan to miss a session, communicate ahead of time to your S&C coach.

ATHLETIC FACILITIES

- Doors to the locker rooms or any doors to the Field House or Berce must never be propped open. Propped doors may lead to vandalism or theft if left unattended and must be closed at all times.
- Access to the locker rooms can be granted with your School ID. If your ID card malfunctions and you cannot enter your locker room, then please contact your coach or a staff member for assistance.
- Please inform a coach or staff member of any broken items in the locker room or field areas or anything that needs to be brought to their attention (i.e. broken light bulbs, holes in soccer nets, etc).
- Please remember to pick up all trash and personal items from any facility or field after each practice or game. Any equipment being used must be returned to its original location after each use.
- Please be sure to collect any personal items or equipment from any Regis vehicle after returning to campus. Please pick up any trash or food items from the vehicles before exiting.
- Please do not block or place any large items in front of doors, stairwells, fire extinguishers, or fire escapes.
- If any facility or field is locked, then please reach out to a staff member or coach for approval to enter. Please do not forcefully enter any facility (jumping or breaking down fences, prying doors open, etc)



NCAA Banned Drugs

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

The NCAA bans the following classes of drugs:

1. Stimulants;
2. Anabolic Agents;
3. Alcohol and Beta Blockers (banned for rifle only);
4. Diuretics and Other Masking Agents;
5. Street Drugs;
6. Peptide Hormones and Analogues;
7. Anti-estrogens; and
8. Beta-2 Agonists.

Note: Any substance chemically related to these classes is also banned.

The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

Drugs and Procedures Subject to Restrictions:

1. Blood doping;
2. Gene doping;
3. Local anesthetics (under some conditions);
4. Manipulation of urine samples; and
5. Beta-2 Agonists permitted only by prescription and inhalation.

NCAA Nutritional/Dietary Supplements Warning:

Before consuming any nutritional/dietary supplement product, review the product with the appropriate or designated athletics department staff. There are no NCAA approved supplement products.

1. Dietary supplements, including vitamins and minerals are not well regulated and may cause a positive drug test result.
2. Student-athletes have tested positive and lost their eligibility from using dietary supplements.
3. Many dietary supplements are contaminated with banned drugs not listed on the label.
4. **Any product containing a dietary supplement ingredient is taken at your own risk.**

***Check with your athletics department staff prior to using a supplement.**

Examples of NCAA Banned Substances in Each Drug Class

Note to Student-Athletes: There is NO complete list of banned substances. Do not rely on this list to rule out any label ingredient.

1. **Stimulants:** Amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexanamine, "bath salts" (mephedrone); octopamine; DMBA; etc. *Exceptions:* phenylephrine and pseudoephedrine are not banned.
2. **Anabolic Agents** (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione): Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; ostarine, stanozolol; stenbolone; testosterone; trenbolone; SARMS (ostarine); etc.
3. **Alcohol and Beta Blockers** (banned for rifle only): Alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.
4. **Diuretics (water pills) and Other Masking Agents:** Bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

5. **Street Drugs:** Heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (e.g., spice, K2, JWH-018, JWH-073).
6. **Peptide Hormones and Analogues:** Growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); IGF-1; etc.
7. **Anti-Estrogens:** Anastrozole; tamoxifen; formestane; ATD; clomiphene; SERMS (nolvadex); etc.
8. **Beta-2 Agonists:** Bambuterol; formoterol; salbutamol; salmeterol; higenamine; norcoclaurine; etc.

Additional examples of banned drugs can be found at www.ncaa.org/drugtesting.

Any substance that is chemically related to the class, even if it is not listed as an example, is also banned!

Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting the **Resource Exchange Center (REC)** at 877-202-0769 or www.drugfreesport.com/rec password: ncaa2

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

Are you concerned that you or a friend might be suffering from a mental illness?

SYMPTOMS

Everyone feels "blue" and/or overwhelmed at times. But watch for symptoms like these that last for a prolonged period, and that interfere with your ability to function normally (i.e., attend classes, perform and concentrate in your sport, socialize with friends, etc.):

DEPRESSION

- Feelings of sadness, tearfulness, emptiness or hopelessness
- Angry outbursts, irritability or frustration, even over small matters
- Loss of interest or pleasure in most activities, even those that used to be enjoyed
- Sleep disturbances, including insomnia or sleeping too much
- Tiredness and lack of energy; even small tasks take extra effort
- Changes in appetite
- Feelings of worthlessness or guilt, fixating on past failures, or blaming yourself for things that aren't your responsibility
- Trouble thinking, concentrating, making decisions and remembering things
- Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts, or suicide
- Unexplained physical problems, such as back pain or headaches
- Excessive drug/alcohol use

ANXIETY

- Getting sick more often than normal
- Headaches
- Nausea
- Trouble sleeping
- Fatigue
- Less than normal patience
- Feelings of sadness and/or depression
- Feelings of being overwhelmed
- Restlessness
- Reduced or eliminated desire for activities once enjoyed or regularly done
- Irritability
- More frequent or extreme pessimistic attitude
- Impaired concentration
- Trouble with remembering things, such as homework assignments or deadlines
- Chronic worrying
- New or increased use of drugs, tobacco or drugs
- Abnormal failure or delay to complete everyday responsibilities
- Significant change in school or work performance
- Unusual desire for social isolation

SUICIDAL IDEATION

The following signs might indicate a student is considering suicide; however, there is no foolproof way to determine if a person is considering hurting him/herself:

- * Good students who suddenly start ignoring assignments and missing classes
- * Struggling with a traumatic life event
- * Specific talk about committing suicide, or revealing a plan to kill him/herself
- * A friend who suddenly rejects you, claiming, "You just don't understand me anymore"
- * Abusive relationships potentially resulting in unexplained bruises or other injuries that he or she refuses to discuss.
- * Significant changes in weight, eating or sleeping patterns, and/or social interaction style
- * Gay, lesbian, bisexual, and transgendered students have higher suicide attempt rates than their heterosexual peers.

WHERE TO GO FOR HELP

If you witness these or any other warning signs of suicide, depression, or anxiety, encourage the individual to call for help from the OCPD:

Office of Counseling and Personal Development Location:
Coors Life Directions Center, Room 114
on Regis University's North Denver (Lowell) Campus.

Office Hours:

Monday - Friday: 8:30 a.m. - 5:00 p.m.

Phone: 303.458.3507

*If it is outside of our regular business hours or on the weekend and you are having a mental health crisis:

You may call our main number at 303.458.3507 and speak to a licensed mental health professional 24/7.

If you are an on-campus student, you can also contact your Residence Assistant or contact Campus Safety at 303.458.4122.

OTHER RESOURCES

****Never ignore or laugh off comments about suicide****
If you or someone you know is in crisis, get help quickly.

- Call your or your loved one's health professional.
- Call 911 for emergency services.
- Go to the nearest hospital emergency room.
- Available Resources:
- Colorado Crisis Services 844-493-8255 or text TALK to 38255
- Suicide Prevention Hotline: 1-877-727-4747
- The Blue Bench (Sexual assault prevention/ support) 303-322-7273
- Trevor Line (Specializing in LGBTQ): 1-866-488-7386
- National Sexual Assault Hotline: 1-800-656-4673
- National Suicide Prevention Hotline: 1-800-273-TALK (8255) 24/7

If you are helping a friend who is exhibiting warning signs of suicide, it might also be a good idea to seek support for yourself.



STUDENT-ATHLETE HANDBOOK ACKNOWLEDGEMENT

By signing this contract, I acknowledge that I have received a copy of the Regis University Student Athlete Handbook have read/will read for the 2024-2025 academic year. I understand that as a student athlete, I must abide by the code of conduct as well as all policies, rules, and expectations as outlined in this handbook. I further understand, that I am responsible for adhering to all policies stipulated in the Regis University Student Life Handbook.

Student ID# _____

Print Name _____

Signature _____

Sport _____

Date _____



**Athletic Department
Student Request for Release of Education Records**

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

Student Name: _____ RU ID#: _____

Email address: _____@regis.edu Phone #: _____

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

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

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

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

Student's Signature

Date



Name, Image, Likeness Assignment to Regis University

For the benefits provided to me as a NCAA Division II student athlete at Regis University, I hereby grant to Regis University (RU) and the RMAC conference (RMAC) and their assigns the right to publish, duplicate, print, broadcast or otherwise use in any manner or media, my name, voice, photograph, likeness or other image or descriptors of myself for any purpose RU or RMAC determines, in its sole discretion, is in the interest of RU or RMAC including without limitation uses in promotional and marketing materials and such uses by media companies including but not limited to ESPN and ABC and their subsidiaries, affiliates, and sub-licensees, and any and all other entities with broadcast and re-broadcast rights to NCAA athletics events in which RU participates. All such uses shall be consistent with all applicable NCAA and RMAC rules and regulations. This release shall be in effect only until such time that I provide my written revocation, with the understanding that such revocation cannot be retroactive. I agree that neither I nor my heirs shall be entitled to any compensation for the use of my name, voice, photographs, likeness or other image or descriptors of myself which are covered by this Release.

I understand that my signature below signifies my consent to this Release.

Student ID# _____

Print Name _____

Signature _____

Sport _____

Date _____