

NCAA Division I Summer Access and Voluntary Workouts for Football Student-Athletes (May 2014)

	Incoming Freshmen, and Two-Year and Four-Year College Transfers	Student-Athletes Following Completion of the First Year of Collegiate Enrollment	Student-Athletes Following Completion of the Third Year of Collegiate Enrollment	Student-Athletes Following Completion of the Third Year of Collegiate Enrollment	Student-Athletes Following Completion of the Fourth Year of Collegiate Enrollment
<p>Requirements for Summer Access for Student-Athletes</p> <p>FBS and FCS-Bylaws 17.1.6.2.1.5.2 and 17.1.6.2.1.5.3</p>	<p>Must be enrolled in summer school.</p> <p><i>*For incoming freshmen at national service academies participating in required on-campus military programs, enrollment in summer school is not necessary.</i></p>	<p>Must be enrolled in summer school</p> <p align="center">OR</p> <p>Must present a 2.2 grade point average (GPA) and have successfully completed 30 semester/45 quarter credit hours.</p>	<p>Must be enrolled in summer school</p> <p align="center">OR</p> <p>Must present a 2.2 GPA and shall have successfully completed at least 50 percent of the course requirements in the student's specific degree program.</p>	<p>Must be enrolled in summer school</p> <p align="center">OR</p> <p>Must present a 2.2 GPA and shall have successfully completed at least 75 percent of the course requirements in the student's specific degree program.</p>	<p>Must be enrolled in summer school</p> <p align="center">OR</p> <p>Shall have completed the student's specific baccalaureate degree requirements.</p> <p><i>*Incoming four-year transfers may participate in summer access without being enrolled in summer school provided the individual has graduated from the previous institution; has been accepted as a graduate student at the certifying institution; and has signed a written offer of admission and/or financial aid or paid a financial deposit in response to the institution's offer of admission (5/15/2014 staff interp).</i></p>

Summer Access = Eight hours per week of weight training, conditioning and film review (2-hour limit on film) for a maximum of eight weeks (Bylaw 17.1.6.2.1.5.2).

Summer access may occur only when the student-athlete is enrolled in summer school (e.g., six-week summer school session would permit participation in athletics activities for only six weeks), unless the student-athlete meets the exception to summer school enrollment (Bylaw 17.1.6.2.1.5.2).

Football coaches may be present during any portion of summer access activities including strength and conditioning activities. In FBS, during summer access, institutions are still limited to the five permissible weight and strength coaches (Bylaws 17.1.6.2.1.5.2 and 11.7.2.1.1).

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	Incoming Freshmen NOT enrolled in summer school	Incoming Two-Year and Four-Year College Transfers	Incoming Freshmen enrolled in summer school
<p>Requirements for Voluntary Workouts conducted by the Institution's Strength and Conditioning Coach for Student-Athletes.</p> <p>FBS-Bylaw 13.11.3.7.1</p> <p>FCS-Bylaw 13.11.3.7.2</p>	<p>Must have signed a NLI.</p> <p>For institutions not using the NLI, the prospective student-athlete has signed the institution's written offer of admission and/or financial aid or the institution has received his financial deposit in response to its offer of admission.</p>	<p>Must have signed a NLI.</p> <p>For institutions not using the NLI or for incoming four-year transfers, the prospective student-athlete has signed the institution's written offer of admission and/or financial aid or the institution has received his financial deposit in response to its offer of admission.</p>	<p>Are considered student-athletes per Bylaw 13.02.12</p>

Voluntary Workouts = Eight hours per week of weight training and conditioning for a maximum of eight weeks. All remaining days from the end of the academic year to the institution's report date that are not part of summer conditioning shall be considered discretionary time. (Bylaws 13.11.3.7, 17.1.6.2.1 and 17.9.6.1 and 17.9.6.2).

In FBS, no football coaches may be present during any portion of any voluntary workout and strength and conditioning activities must be conducted by one of the five permissible weight and strength coaches (Bylaws 13.11.3.7.1, 11.7.2.1.1 and 17.1.6.2.1).

In FCS, the only countable coaches who are permitted to be present during a voluntary workout are those who are certified strength and conditioning coaches. Any strength and conditioning coach who performs such duties on a depart-wide basis may design and conduct the workouts (Bylaws 13.11.3.7.2, 17.1.6.2.1 and 17.1.6.2.1.1).

All student-athletes must have completed a mandatory medical exam before participation in any permissible voluntary summer conditioning (Bylaws 13.11.3.7.3 and 17.1.5).