**CARA REMINDER - FINAL EXAM PERIOD**

For all sports (other than football) that are out-of-season (8-hour weeks) during the time surrounding the fall exam period, all countable athletically related activities (e.g., practice, film, meetings, skill instruction) are prohibited one week prior to the beginning of the final exam period. This prohibition applies regardless of whether a student-athlete requests instruction. Student-athletes may participate in voluntary weight training and conditioning activities with the strength and conditioning staff, provided the workout is done at the student-athlete’s request and is voluntary.

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**HOLIDAY REMINDERS**

**Greeting Cards:** It is not permissible to send traditional greeting cards to prospects, their family, friends, coaches or any other individuals responsible for teaching or directing an activity in which a prospect is involved. The only permissible card you may send is an institutional note card which must follow NCAA guidelines.

**Holiday Meals:** Occasional meal legislation does apply to vacation periods. Occasional meal request forms must be submitted prior to the meal occurring.

**Holiday Gifts:** It is not permissible to give gifts to prospective or current student-athletes. A holiday gift would be considered an impermissible extra benefit.

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**DEAD PERIOD REMINDER**

During the month of December several sports have dead periods. Prospects may not receive complimentary admissions to MSU athletics events during a dead period.

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**RECENT NCAA INTERPRETATIONS**

**Prospect Participating in Promotional Activities During the Summer Prior to Initial Enrollment** - A prospective student-athlete who officially registers, enrolls and attends classes at the certifying institution during the summer prior to initial enrollment may participate in a promotional activity. [11/8/11 Staff Interp.]

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**LEGISLATION SPOTLIGHT**

Proposal 2011-30 would deregulate the restrictions on telephone calls and electronically transmitted correspondence in all sports as follows:

- Telephone calls and recruiting materials: Unlimited beginning June 15 after the prospect’s sophomore year in high school.
- Electronic correspondence: Expanded to include e-mail, instant messages, text messages and use of direct messaging features on social networking websites. Permissible beginning June 15 after the prospect’s sophomore year in high school.

If adopted, this proposal would have an August 1, 2012 effective date.

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**RANDOM TRIVIA**

The Ms in M&M stand for Forrest Mars and Bruce Murrie, the candy’s inventors.

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**DECEMBER 2011 CARA REMINDER - FINAL EXAM PERIOD**

**BASEBALL**
- Quiet Period: Dec. 1-31

**MEN’S BASKETBALL**
- Evaluation Period: Dec. 1-23
- Dead Period: Dec. 24-26
- Evaluation Period: Dec. 27-31

**WOMEN’S BASKETBALL**
- Evaluation Period: Dec. 1-23
- Dead Period: Dec. 24-26
- Evaluation Period: Dec. 27-31

**CROSS COUNTRY**
- Track & Field
- Contact/Eval. Period: Dec. 1-11
- Dead Period: Dec. 12-15
- Quiet Period: Dec. 16-31

**FOOTBALL**
- Contact Period: Dec. 1-17
- Quiet Period: Dec. 18
- Dead Period: Dec. 19-31

**SOFTBALL**
- Dead Period: Dec. 1-3
- Quiet Period: Dec. 4-31

**VOLLEYBALL**
- Contact/Eval. Period: Dec. 1-4
- Quiet Period: Dec. 5-13
- Dead Period: Dec. 14-31
- Contact/Eval. Period: Nov. 11-30

**Happy Holidays**