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 through the conclusion of each student-athlete’s final exams [December 2-13]. 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.

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.

CARA REMINDER - VACATION PERIODS
Student-athletes may not participate in any countable athletically related activities outside the playing season during an institutional vacation period. Student-athletes may work with the strength and conditioning staff, provided the workouts are voluntary and conducted at the request of the student-athlete. The exception that allows coaches in individual sports to participate in individual workout sessions with student-athletes during the summer does not apply to vacation periods that occur during the academic year. Safety exception legislation applies to vacation periods. For those sports without a safety exception, a voluntary activity becomes countable if it is observed by a member of the coaching staff.

EMPLOYMENT OF PROSPECTS AT CAMPS/CLINICS
New legislation allows institutions to employ a prospect at its camp/clinic, provided the prospect has signed a National Letter of Intent or MSU’s written offer of admission and/or financial aid or MSU has received the prospect’s financial deposit in response to its offer of admission. Prospects may only work camps/clinics at the institution with which he/she meets the above legislation. Legislation regarding a coach’s employment at a noninstitutional camp/clinic has not changed. This means that a coach may not work noninstitutional camps/clinics if prospects are employed. The same rule holds true for institutional camps/clinics. Coaches from other Division I institutions may not work MSU camps/clinics if prospects are employed.

RECRUITING CALENDAR

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

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

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

**CROSS COUNTRY**
Contact/Eval. Period: Dec. 1-8
Quiet Period: Dec. 9-15
Dead Period: Dec. 16-19
Quiet Period: Dec. 20-31

**TRACK & FIELD**
Contact/Eval. Period: Dec. 1-8
Quiet Period: Dec. 9-15
Dead Period: Dec. 16-19
Quiet Period: Dec. 20-31

**FOOTBALL**
Contact Period: Dec. 1-15
Dead Period: Dec. 16-31

**SOFTBALL**
Quiet Period: Dec. 1-3
Dead Period: Dec. 4-7
Quiet Period: Dec. 8-31

**VOLLEYBALL**
Contact/Eval. Period: Dec. 1
Quiet Period: Dec. 2-17
Dead Period: Dec. 18-31

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.

RANDOM TRIVIA
Triskaidekaphobia is the fear of the number 13.