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 [Dec. 7-18]. This prohibition applies regardless of whether a student-athlete requests instruction. Student-athletes may participate in 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 GIFT EXCHANGES
NCAA rules prohibit coaches and other staff members from providing gifts (regardless of value or type) to student-athletes. If your team will be holding a gift exchange or Secret Santa event, please make sure that student-athletes only exchange gifts with other student-athletes and that their participation is voluntary.

BOWL SEASON GAMBLING REMINDERS
Participating in a contest where an entry fee is required and a prize is awarded is a violation of NCAA legislation. In addition, placing a wager on anything of tangible value constitutes gambling activity under NCAA legislation. Don’t Bet On It!

VACATION PERIOD REMINDERS
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.

ACS HELPFUL TIPS
Competition and Participation Logs
- From the Competition Schedule in Team Manager, click the ‘Not Submitted’ link under Participation Log Status for a particular event to log whether or not your athletes competed.
- Once saved, your participation log is complete.

MyACS
- Your MyACS Portal provides you with hundreds of on-demand videos and step-by-step documentation to assist you with any questions, including Participation Logs.
- Register for live ACS University courses from the Events tab and ask ACS questions during the session.
- You can always call, chat or e-mail with ACS 24/7 from the Contact Us tab.

RECRUITING CALENDAR
BASEBALL
Quiet Period: Dec. 1-31

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

WOMEN’S BASKETBALL
Dead Period: Dec. 24-26

CROSS COUNTRY
TRACK & FIELD
Contact/Eval. Period: Dec. 1-13
Quiet Period: December 14
Dead Period: Dec. 15-18
Quiet Period: Dec. 19-31

FOOTBALL
Contact Period: Dec. 1-13
Quiet Period: Dec. 13 (2-4 midyear enrollees only)
Dead Period: Dec. 14-31

SOFTBALL
Quiet Period: Dec. 1, 6-31
Dead Period: Dec. 2-5

VOLLEYBALL
Contact/Eval. Period: Dec. 1-6
Quiet Period: Dec. 7-15
Dead Period: Dec. 16-31

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 unless the prospect has signed a NLI with MSU.

RANDOM TRIVIA
Jim Henson first coined the word “Muppet.” It is a combination of marionette and puppet.