CURRENT STUDENT-ATHLETES AND SUMMER WORKOUTS

Student-athletes may not participate in countable athletically related activities during a vacation period outside the playing season. An activity becomes countable when it is required or when a coaching or noncoaching staff member is present, regardless of whether the student-athlete requests the coach’s involvement in the activity. Physical punishment (e.g., running laps) is not permissible during a vacation period since that would be considered a countable athletically related activity.

- Basketball and football exception: Student-athletes may participate in eight weeks of required weight training and conditioning activities, film review (football only) and skill instruction (basketball only) for up to eight hours per week (with a minimum of two hours of skill instruction and film review).
- Safety exception sports: The safety exception legislation does apply during a vacation period.
- Individual sports: Coaches may participate in individual workout sessions with student-athletes, provided the request for assistance is initiated by the student-athlete.

During the summer vacation period, student-athletes may participate in weight training and conditioning activities conducted by the strength and conditioning staff, provided the workouts are voluntary and conducted at the request of the student-athlete. In order for an activity to be considered voluntary the following conditions must be met:
- Student-athletes may not be required to report back to the coaching staff any information related to the workout. In addition, athletic trainers and strength and conditioning staff members may not report any information related to the student-athlete’s workout back to the coaching staff.
- Student-athletes may not be rewarded or punished for choosing to participate in or opt out of strength and conditioning workouts.

RECENT NCAA INTERPRETATION

Photographs of Prospects in Camp/Clinic Information and Advertisements. A photograph of a prospect (or multiple prospects) taken during the normal course of camp/clinic activities (e.g., instruction, competition, meals, entertainment) may be used in camp/clinic information and advertisements for future camps or clinics. It is generally not permissible to use a photograph of a prospect (or multiple prospects) taken in circumstances other than the normal course of camp/clinic activities (e.g., staged or arranged photographs) in camp/clinic information or advertisements. However, once a prospect has signed a National Letter of Intent, MSU’s written offer of admission and/or financial aid or MSU has receive the prospect’s financial deposit in response to its offer of admission a staged or arranged photograph may be used in camp/clinic information and advertisements only in the same manner in which it is permissible to use photographs of student-athletes. [4/24/15 Staff Interpretation]