Summer Workouts

- Student-athletes may not participate in any countable athletically related activities outside the playing season during any institutional vacation period and/or summer. [17.1.7.2.1]
- Coaches, as well as noncoaching staff members with sport specific responsibilities, may not organize, observe or participate in athletically related activities with student-athletes outside the playing and practice season (e.g., pick-up games, strength and conditioning activities, film, practice, review of workout logs). [17.02.1, 17.1.7.2.1]
- Coaching staff members may not observe enrolled students or student-athletes in nonorganized athletically related activities (e.g., “pick-up” basketball games) outside the institution’s declared playing season. A coaching staff member may observe enrolled students or student-athletes in organized athletically related activities (e.g., demonstration at a coaches’ association convention, summer basketball league, intramurals), provided the coach does not direct or supervise the organized activity. If prospects are also participating in the organized athletically related activities, the institution’s coaching staff member may observe such athletically related activities only if it occurs during a permissible contact or evaluation period, or in men’s basketball, a recruiting period. The staff noted that, in individual sports, a coach may participate in individual-workout sessions with student-athletes from the coach’s team during the summer, provided the request for such assistance is initiated by the student-athlete. [2/25/15 Staff Interp., 17.02.1]

MSU Sports Camps

It is NOT permissible for MSU staff members to observe student-athletes participating in “open gym” during a camp. In addition, it is NOT permissible for MSU staff members to observe student-athletes participating in scrimmages with fellow teammates or campers during a camp. Student-athletes may not participate in organized practice activities during a sports camp/clinic. [17.1.1.1, 6/23/04 Official Interp.]

Involvement of Strength Coach

Strength and conditioning coaches may design and conduct specific workout programs for student-athletes, provided such workouts are voluntary and conducted at the request of the student-athlete. [17.1.7.2.1]
- Only those strength and conditioning staff members with department wide duties may work with student-athlete during the summer. [17.1.7.2.1]
- Conditioning drills may simulate game activities, provided no offensive or defensive alignments are set up and no equipment related to the sport is used. [17.1.7.2.4]
- Ice Hockey – A student-athlete may be involved in on-ice conditioning activities, provided no equipment other than skates is utilized. It is permissible to allow the student-athletes to wear helmets. [17.1.7.2.4]
• Swimming & Diving – A student-athlete may be involved in in-pool conditioning activities and use swimming specific equipment (e.g., starting blocks, kickboards, pull buoys). [17.1.7.2.4]
• Indoor/Outdoor Track & Field and Cross Country – Conditioning activities (other than weight training) are limited to normal running activities and may not include any equipment related to the sport (e.g., starting blocks, batons, hurdles). [6/18/91 Official Interp.]
• Rowing: An ergometer is not considered equipment related to the sport of rowing. [10/25/00 Official Interp.]

Voluntary Athletically Related Activities
In order for any athletically related activity to be considered “voluntary,” all of the following conditions must be met:
• The student-athlete cannot be required to report back to the coaching staff any information related to their participation in a voluntary workout. No athletics department staff member who observes the activity (e.g., strength coach, trainer) may report back to the coaching staff any information related to the activity.
• Activity must be initiated and requested solely by the student-athlete. The student-athlete cannot be required to attend the voluntary workout.
• Staff members may provide information to the student-athlete related to available opportunities to participate in the voluntary activity (e.g., times when the weight room will be open).
• Attendance and participation cannot be recorded for purposes of reporting information to the coaching staff.
• The student-athlete cannot be rewarded or subject to penalty for choosing to participate or electing not to participate in voluntary workouts.
• It is permissible for each student-athlete to track their weight lifting and conditioning progress. Any records or progress logs must be kept for the student-athlete’s use only. They are not to be submitted to the coaching staff.
• Coaches may not observe student-athletes participating in voluntary weight training and conditioning activities during the summer. [17.02.18]
• Noncoaching staff members with sport specific responsibilities may not participate with or observe student-athletes in the staff member’s sport who are engaged in nonorganized voluntary athletically related activities (e.g., pick-up games). [11.7.1]
• Individual consultation with a coaching staff member initiated voluntarily by a student-athlete is not a countable athletically related activity, provided any discussion between the coach and the student-athlete is limited to general counseling activities and does not involve countable athletically related activities (e.g., chalk talk; use of equipment relating to the sport; field, floor or on-court activity). [11/7/91 Official Interp.]

Disciplinary Conditioning Activities
Conditioning activities as disciplinary measures are countable athletically related activities; therefore, are not permissible during the summer. [17.02.1]

Team vs. Individual Sports
Team sport participants are not permitted to be involved in any countable athletically related activities during the summer. The following are classified as team sports:
- Baseball
- Basketball
- Field Hockey
- Football
- Ice Hockey
- Rowing
- Soccer
- Softball
- Volleyball
In individual sports, a coach may participate in individual workout sessions with student-athletes during the summer, provided the request for the assistance is initiated by the student-athlete(s). The following are classified as individual sports:

- Cross Country
- Golf
- Gymnastics
- Swimming
- Tennis
- Track & Field
- Wrestling

For all sports, it is permissible for MSU to pay fees associated with the use of institutional practice and competition facilities by student-athletes engaged in voluntary athletically related activities in his or her sport during the summer.

**Summer Athletic Activities Exception – Basketball**

- Returning student-athletes (who have completed a minimum of two semesters) must be enrolled in summer school or meet legislated opt-out academic benchmarks (see Summer Athletic Activities resource).
- Incoming student-athletes (freshmen and transfers) must be enrolled in summer school.
- Eight week period in which student-athletes may participate in weight training and conditioning and skill instruction in the presence of and conducted by the coaching staff.

**Safety Exception**

In the sports of gymnastics, rowing, swimming and diving, track and field (field events, jumping hurdles or the jumping element of the steeplechase), and wrestling, a coach may be present during voluntary individual workout sessions in MSU’s regular practice facilities when the student-athlete uses equipment associated with their sport. The coach may provide safety instruction and skill instruction but may not conduct the individual’s workouts. [17.11.7, 17.15.7, 17.23.7, 17.24.7]

**Videotaping**

Spartan staff members may not arrange for the videotaping of student-athletes engaged in summer practice activities for film breakdown and analysis purposes.