Travel Restrictions
In general, a team may depart no earlier than 48 hours prior to the start of the actual competition and may remain no more than 36 hours following the conclusion of the actual competition. These travel restrictions do not apply to travel prior to and following regular season competition that takes place during an official vacation period during the academic year. [16.8.1.2.1, 16.8.1.2.1.1]

Transportation
General Transportation: MSU may provide team transportation for a student-athlete to travel from campus to the event site and back to campus.

- Exception: If a student-athlete travels to a site other than the event site during the vacation period (e.g., home), the institution may provide the cost of round-trip transportation for the student-athlete to travel from campus to the event site and back to campus even if the student-athlete does not travel with the team. The student-athlete shall pay only the additional cost associated with traveling to a site other than the event site. [16.8.1.4.1, 16.8.1.4.1.1]

Transportation for Competition between Terms: Any MSU athletics department staff member may provide transportation to eligible student-athletes to campus from the nearest bus or train station or major airport in conjunction with practice and/or team travel relating to competition that occurs between the end of a final exam period of the fall semester and the beginning of the following regular term.

Housing
MSU may provide the cost of room and board to student-athletes in the following circumstances:

- Student-athletes who are required to remain on campus for organized practice sessions or competition during official vacation periods may receive room and board expenses. Room and board expenses are limited to the exact number of days the student-athlete is required to remain on campus. A student-athlete who lives at home may not receive room and board expenses; however, the student-athlete may participate in team meals incidental to practice sessions.

- Student-athletes who return to campus during MSU’s official vacation period occurring during a regular academic term (not including vacation periods between terms) (i.e., Spring Break) from institutional competition may receive room and board expenses. Expenses may be provided beginning with the student-athlete’s arrival on campus until the regular dormitories and dining facilities reopen. If the student-athlete lives at home during the vacation period, the cost of room and board may not be provided by MSU.

- Student-athletes who return to campus during the official vacation period between regular academic terms (e.g., summer vacation period, winter break) from institutional competition that occurs at the end of the playing and practice season may receive room and board
expenses. Expenses may be provided for no more than a 48-hour period beginning with the student-athlete’s return to campus. If the student-athlete lives at home during the vacation period, the cost of room and board may not be provided by MSU. [16.5.2 (e)]

Meals
MSU may provide three meals a day to student-athletes who are required to remain on campus for practice and competition during a vacation period.

- If MSU does not provide a meal to its student-athletes, the student-athletes may receive a cash allowance in lieu of a meal, provided the cash allowance does not exceed the amount provided by MSU to staff members on away-from-campus trips. [16.5.2 (e)]
- MSU may also provide an additional meal (in addition to the three meals and nutritional supplements previously allowed) to student-athletes to meet nutritional needs during each day of any vacation period that occurs within the academic year, provided the student-athlete is required to remain on campus to be involved in practice or competition. It is NOT permissible to provide cash in lieu of the additional meal. [16.5.2.]
- All student-athletes on the same team must receive identical meal allowances. [16.8.1.2.3]
- Meal allowances may not be provided for a particular meal if the student-athlete receives that meal (or the equivalent) from another source. [16.8.1.2.3]
- **Per diem (per MSU’s Controller’s Office) for East Lansing is $7 for breakfast, $11 for lunch and $21 for dinner ($39 per day).**

Entertainment
MSU may pay the actual costs (but may not provide cash) for reasonable entertainment that:

- Takes place within a 100-mile radius of where a team plays or practices in connection with an away-from-home contest or en route to or from a contest.
- Takes place within a 30-mile radius of MSU’s campus or practice site during vacation periods when the team is required to reside on campus and classes are not in session. [16.7.1]

Practice Expenses
MSU may pay for expenses associated with practice sessions (that take place during the playing season) only if the practice is associated with an away-from-home contest or conducted at a site located within Michigan or, if outside the state, no more than 100 miles from MSU’s campus. MSU may provide transportation to a student-athlete from campus to an on- or off-campus practice site. [16.8.1, 16.8.1.1, 8/23/96 Staff Interp.]

Daily and Weekly Practice Limitations
Daily and weekly hour limitations during a vacation period are as follows.

- Daily and weekly hour limitations do not apply to countable athletically related activities during an official vacation period.
- Daily and weekly hour limitations do apply if the vacation period occurs during a part of a week in which classes are in session.
- Daily and weekly hour limitations do apply to countable athletically related activities that take place during final exam week.
- Practice may not be conducted at anytime following competition. [17.1.6.3.6, 17.1.6.4.4]