

## **ATHLETICS DEPARTMENT STAFF**

Dena Freeman-Patton.....Vice President/Director of Athletics  
Melvin Hines.....Deputy AD/Chief Operating Officer  
Erlease Wagner, ESQ.....Deputy AD/SWA .  
Terrence Lollie.....Sr Assoc AD for Athletics Communication and Branding  
Sterling Steward.....Sr Assoc AD/Chief Revenue Officer  
Kim Ross-Watkins.....Asso. AD, Academic Services  
Richard Epps.....Assoc AD, Internal Operations  
Shawn Gooden.....Asst AD, Financial Operations  
Dr. Thurman Bridges.....Faculty Athletic Representative  
Leonard Haynes.....Asst. AD Athletics Communications  
Kevin Paige.....Asst. Director Athletics Communications  
Braennan Farrar.....Asst. AD for Compliance  
Nicholas Millington.....Director of Compliance  
Dr. Tredell Dorsey.....Asst AD, Sports Performance  
Katie Olenek.....Asst AD, Sports Medicine  
Deric McGauley.....Director of Equipment Operations  
Bryce McCoy.....Asst. Director of Equipment Operations  
Melvin Cornish.....Asst AD, Student-Athlete Development  
Meikel Turner.....Asst Director Student-Athlete Dev./Academic Coordinator  
Taylor Thomas.....Director of Football Academics  
Marquis Johnson.....Academic Coordinator  
Tommy King.....Asst Strength & Conditioning Coach  
Reuben Green.....Asst Strength & Conditioning Coach  
Travis Terranova..... Head Athletic Trainer  
Bella Bradford.....Athletic Trainer  
Joshua Ray.....Athletic Trainer  
Aaron Bailey.....Manager Sponsorships, Ticket Sales & Service  
Kenedi Canteen.....Director of Marketing and Fan Engagement  
Chris Robinson.....Director of Multimedia and Production  
Thomas Gunter.....Asst. Manager Sponsorships, Ticket Sales & Services  
Myron Vanterpool.....Asst Facilities Manager  
Arno Wallace.....Asst Facilities Manager  
Tyron Logan.....Asst Facilities Manager  
Byron McFadden.....Asst Facilities Manager  
Carolyn Williams.....Administrative Assistant  
Cimone Austin.....Executive Assistant

# **SPORTS & COACHES**

## **Men's Basketball**

Kevin Broadus (HC), Chretien Lutusa, Keith Goode, Austin Freeman

## **Women's Basketball**

Ed Davis(HC), Donchez Graham, Tykyrah Williams, Janelle Silver-Martin

## **Women's Softball**

Larry Hinline(HC), Myron Vanterpool, Joe Hinline, Meikel Turner

## **Women's Volleyball**

Xiomara Ortiz(HC), Pedro Yantin

## **M/W Track & Field**

Neville Hodge(HC), Janice Smythe, Robert Isaac

## **M/W Tennis**

Matt Townes(HC), Nolwenn Cardoso

## **Cheerleading**

Theresa Gibson(HC), Marquis Johnson

## **Women's Bowling**

Alvin Franklin(HC), Thomas Gunter

## **Acrobatics & Tumbling**

Regina Smith(HC), Perrella Harris, Danielle Samuels

## **Wrestling**

Kenny Monday(HC), Alonso Allen, Jarod Trice

## **Football**

Damon Wilson(HC), Omarr Smith, Antone Sewell, David Fant Jr, Richard Reddix, Brawley Evans, Ramal Faunteroy, Melvin Coleman, Benton Harold, Mitch Bereznyay, Apollo Wright, Tyrae Reid, Jimmie Johnson, Rasheda Spratley

**Greetings Bears,**

**Welcome to another great year at Morgan State University!**

**Take this opportunity to practice our university core values: Excellence, Integrity, Respect, Diversity, Innovation, and Leadership.**

**We expect you to excel academically and athletically and use the opportunities within higher education to better yourself and the ones around you. We want you to be Champions in everything that you do.**

**We have excellent coaches, staff and faculty here at the National Treasure to support your goals. Use this handbook as a resource for achieving those benchmarks.**

**Wishing you all the best this 2024-25 school year. Bear Respect!**

**Dena Freeman-Patton  
VP/Director of Athletics**

**“Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing.” Pele**

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## BRIEF HISTORY OF MORGAN STATE UNIVERSITY

Founded in 1867 as the Centenary Biblical Institute by the Baltimore Conference of the Methodist Episcopal Church, the institution's original mission was to train young men in ministry. It subsequently broadened its mission to educate both men and women as teachers. The school was renamed Morgan College in 1890 in honor of the Reverend Lyttleton Morgan, the first chairman of its Board of Trustees, who donated land to the college. Morgan awarded its first baccalaureate degree to George F. McMechen in 1895. McMechen later obtained a law degree from Yale and eventually returned to Baltimore, where he became a civic leader and one of Morgan's strongest financial supporters. In 1915 the late Andrew Carnegie gave the school a conditional grant of \$50,000 for the central academic building. The terms of the grant included the purchase of a new site for the College, payment of all outstanding obligations, and the construction of a building to be named after him. The College met the conditions and moved to its present site in northeast Baltimore in 1917. Carnegie Hall, the oldest original building on the present MSU campus, was erected two years later.

Morgan remained a private institution until 1939. That year, the state of Maryland purchased the school in response to a state study that determined that Maryland needed to provide more opportunities for its black citizens.

From its beginnings as a public campus, Morgan was open to students of all races. By the time it became a public campus, the College had become a relatively comprehensive institution. Until the mid-1960s, when the state's teacher's colleges began their transition to liberal arts campuses, Morgan and the University of Maryland College Park were the only two public campuses in the state with comprehensive missions.

As Maryland's teacher's colleges began to broaden their objective, Morgan and other like institutions, were placed into a state college system governed by a Board of Trustees. However, in 1975 the State Legislature designated Morgan as a university, gave it the authority to offer doctorates, and provided for it to once again have its own governing board.

In 1988 Maryland reorganized its higher education structure and strengthened its coordinating board, the Higher Education Commission. The campuses in the state college system became part of the University of Maryland System. Morgan and St. Mary's College of Maryland were the only public baccalaureate-granting institutions authorized to have their own governing boards. The legislation also strengthened Morgan's authority to offer advanced programs and designated the campus as Maryland's Public Urban University.

## **DEPARTMENT OF ATHLETICS MISSION STATEMENT**

The Morgan State University Department of Intercollegiate Athletics is an integral part of the University that strives to achieve the same standards of excellence within the athletic program that exists in the various academic disciplines at the University. Further, the athletic department embraces the concept that the student-athletes are first and foremost students, possessing individual rights, academic abilities, personal interests and ambitions comparable to those of other members of the general student body. The Morgan State University Athletics Department is committed to the principle and practice of gender equity. This commitment shall be reflected in every aspect of departmental operations. The department is also committed to the principle that student-athletes, coaches, and all others associated with intercollegiate athletics adhere to such fundamental values as respect, fairness, civility, honesty and responsibility, as exhibited by behaviors of sportsmanship and ethical conduct.

The Athletics Department is committed to abiding by the rules established by the NCAA and the Mid-Eastern Athletic Conference. It acknowledges and upholds the concepts of institutional control and broad based participation within the University community in the development and review of the Athletics policies by the University President, the Athletics Subcommittee of the University Council, the Faculty Athletics Representative and the Student-Athlete Advisory Committee. All Athletics booster organizations, alumni and other groups and individuals who represent the University's Athletics interests are expected to adhere to the policies and procedures established by the University, the NCAA and MEAC for the governance of its intercollegiate athletics programs.

The Intercollegiate Athletics Department's vision is to model excellence as a University program, as well as, a National Collegiate Athletic Association Division I-AA program. Thus, the Department has adopted four (4) core values to guide decisions and behaviors in fulfilling its mission and vision: 1) a confident and humble pride, 2) integrity in words and deeds, 3) respect for the dignity ALL stakeholders, and 4) loyalty built on honest and trusting relationships.

## **OFFICE OF ACADEMIC SUPPORT**

The Office of Academic Support of the Department of Intercollegiate Athletics has made a firm commitment to providing the best possible resources for enhancing the academic experiences of the student-athletes. This office provides a variety of academic assistance activities for student-athletes, including tutorial support, study hall, academic counseling and personal counseling.

It is important that each student-athlete utilize this department. The primary responsibility of academic support is to provide you with information and informed advice about any academic matter. Academic advisement is especially helpful **PRIOR TO AND NOT DURING REGISTRATION**. After meeting with your faculty advisor, you are encouraged to meet with the athletic academic advisor to discuss your schedule in light of your current academic standing, the specific requirements of your chosen degree program and your upcoming competitive schedule.

The Office of Academic Support can also provide you with input on selecting a major, as well as dropping, adding, or withdrawing from a course. It is very important that you meet with the athletic academic advisor before making changes to your course of study

or current schedule. **REMEMBER, TO REMAIN ELIGIBLE FOR ATHLETIC PARTICIPATION, ALL ACADEMIC CHANGES MUST BE IN COMPLIANCE WITH BOTH THE RULES OF MORGAN STATE UNIVERSITY, THE MID-EASTERN ATHLETIC CONFERENCE AND THE NCAA.**

Another responsibility of the Academic Office for Athletics is the monitoring of your academic performance. This monitoring is done via written and verbal inquiries to individual professors regarding your class attendance, grades and classroom attitude. Keeping in close contact with class instructors helps to provide the academic coordinator, coaches and you with an important assessment of your current academic situation. In this handbook all available academic programs, guidelines and services have been outlined for your convenience. Please familiarize yourself with the information provided and feel free to ask questions if there is information that you do not understand.

### **ATHLETIC ACADEMIC CENTER/STUDY HALL/AEP**

The athletic academic centers are located in the Hill Field House Room 127 and Room 106. The hours of operation are 8am – 7pm, Monday – Thursday and 8am – 5pm Friday. These facilities will only be used for studying, tutoring, and completing assignments. Only student-athletes are welcomed to use this facility. Incoming freshmen, 1<sup>st</sup> time transfers and upperclassmen with a gpa below 3.0 are required to complete mandatory study hall hours. Students who have been assigned to study hall are required to attend 6 hours per week. The athletic academic centers may be used to complete study hall hours. Failure to comply with study hall regulations will result in a negative evaluation for scholarship continuation, athletic participation, and/or summer school consideration.

The purpose of study hall is to set aside specific hours at a particular location during the week to enable student-athletes to meet with tutors or complete homework assignments on their own. In and out of season, study hall is mandatory for those assigned.

Online tutoring is available to all student-athletes during the fall and spring semesters via Canvas. Students must use your mymail account for access. The Academic Enrichment Program (AEP) services all student-athletes through tutoring. Students can request a tutor online through the academic enrichment program page on [www.morgan.edu](http://www.morgan.edu). The AEP program is housed in the residence hall. The main office is located in Rawlings 128.

### **MISSED CLASS POLICY**

Student-athletes are excused from class for participation in an athletic competition only. However, the student is responsible for completing any missed assignments. Student-athletes are instructed to provide each professor with a competition schedule at the beginning of the semester. Prior to competition, absentee notices will be emailed to professors. Students should verify that the professor has received the email. If not, see the academic coordinator. However, students should also inform the professor ahead of time when they will miss class.

### **BEAR BOOKS AND SUPPLY VOUCHERS**

In order to receive books, students must opt into “Bear Books” via canvas to place an order for books and then pick them up from the bookstore. For full and/or book scholarship students, book vouchers will be used for additional material needed for class such as calculators, pens, notebooks, etc, however, you must present the syllabus to verify the need for certain materials. Students eligible for vouchers will be able to pick up the voucher from their athletics academic advisor.

Students are responsible for all books borrowed or purchased from the athletic department and bookstore.

## **PRIORITY REGISTRATION**

There will be a priority registration period determined for student-athletes in October for spring semester and April for fall semester. All student-athletes are expected to adhere to these dates. Failure to do so may affect your class selection opportunities for the upcoming semester. At this time, student-athletes will be permitted to register for classes through Websis. Continuing students should consult with their major advisor prior to the priority registration period to assist in selecting the correct courses for your major.

## **ACADEMIC PERFORMANCE PROGRAM (APP)**

The NCAA Division I Academic Performance Program purpose is to ensure the Division I membership is dedicated to providing student-athletes with an exemplary educational and intercollegiate athletics experience in an environment that recognizes and supports the primacy of the academic mission of its member institutions, while enhancing the ability of student-athletes to earn a four year degree. Two ways in which the NCAA measures the accountability of the institutions for meeting this initiative are the Academic Performance Rate (APR) and the Graduation Success Rate (GSR).

## **ACADEMIC PERFORMANCE RATE (APR)**

The Academic Performance Rate (APR) is a “real-time” term-by-term measure of eligibility, retention, and graduation for student-athletes who received athletically related aid during the terms in question. Two points are available for each term: “E” point for student-athletes who meet academic eligibility standards for the next academic term and “R” point for student-athletes who are enrolled full time for the next term. A team’s total points are divided by points possible and then multiplied by one thousand to equal the team’s APR score. Teams that score below 930 can lose scholarships.

## **GRADUATION SUCCESS RATE (GSR)**

The Graduation Success Rate (GSR) is based on a six-year proportion of student-athletes who graduated. The GSR takes into account those individuals who receive athletics aid, including transfers and walk-ons who eventually earn aid, those who matriculate and then leave while eligible and on-track to graduate. The GSR will be calculated for every NCAA sport sponsored by the institution. Student-athletes who withdraw from the institution while academically eligible to compete will be removed from the six-year cohort and thus, will not be reflected in the team’s GSR.

## **UNIVERSITY ACADEMIC REQUIREMENTS AND PROCEDURES**

After passing all admission requirements you are enrolled as a Morgan State student. Meeting these requirements demonstrates your potential for academic success. It is now important to continue to meet University requirements by making satisfactory progress toward your degree. In addition, you are expected to follow the rules, regulations and procedures applicable to all members of the student body.

## **MAJOR REQUIREMENTS/GENERAL EDUCATION REQUIREMENTS**

Every student at Morgan State University regardless of major must complete 42 credits of specific general education requirements. These courses are outlined in the University catalog in the Academic Affairs section. In addition to the general education

requirements, all students must complete a major field of study. The required courses for each major offered are determined by the department. No grades under “C” are acceptable in the major which includes all supporting courses. Students should consult individual colleges/schools for specific requirements.

### **CLASS ATTENDANCE/COMPLETING ASSIGNMENTS**

There is a direct correlation between classroom attendance and academic success. With the intent of optimizing student performance and ensuring students the opportunity to achieve their ultimate academic success, students are expected to attend all classes. It is the student’s responsibility to confer with the course professor concerning absences and the possibility of arranging to make up missed work, where that is a possible option. Because of the rigorous schedule of student-athletes, it is important that you attend all classes. Class attendance policies vary from each professor. We recommend that you become acquainted with your professors. Visit your professors during their office hours to seek assistance and advice. It is also imperative that you complete and submit all assignments. Should you find yourself in a situation where you cannot submit your assignment on the scheduled date, make sure you confer with your professor discuss a possible extension. Professors tend to look favorable upon a student who is proactive and shows an interest in his/her studies.

### **INCOMPLETE GRADES AND COURSE WITHDRAWALS**

An incomplete or “I” grade is given in exceptional cases to a student whose work in a course has been satisfactory, and due to documented illness or other documented emergencies beyond his/her control, he/she has been unable to complete the requirements for the course. The student must complete the work by the end of the next semester of enrollment, otherwise the “I” grade is changed to an “F”. The form to petition for an “I” is available online. The recording of the “I” grade must be approved by the Dean.

Occasionally, you may find it advisable to withdraw from (drop) a course. You must receive approval from the Academic Coordinator as the initial step in withdrawing from a course. Only students who are attempting more than 12 hours will be considered for dropping a course. Also, you must complete the withdrawal procedure by the date specified in the University Calendar. Dropping a course costs you credits toward graduation and may jeopardize your academic standing or athletic eligibility so it is imperative you consult with your athletics academic advisor prior to making the decision to withdraw. An unofficial withdrawal may result in a failing grade for the course.

### **REPEATING COURSES FOR CREDIT**

When students repeat courses, the grade recorded on the transcript and the computed cumulative grade point average will be based on the grade earned most recently even if it is lower than the previous grade earned.

### **ACADEMIC PROBATION/SUSPENSION**

A student-athlete will be placed on academic probation if at any time his/her cumulative grade point average falls below the following minimums:

<u>Class Standing</u>	<u>Cumulative G.P.A.</u>
Ending Freshman Year	Below 1.8
Ending Sophomore Year	Below 2.0
Ending Junior Year	Below 2.0



Ending Senior Year

Below 2.0

Students will remain on probation until he/she brings their cumulative average up to the level necessary to eliminate their probationary status. Academic probation may result in being declared ineligible for competition.

If a student-athlete's cumulative grade point average remains below the minimum for 2 consecutive semesters, this student-athlete will be in jeopardy of academic dismissal. If this occurs, a student-athlete must reapply for admission to the University. Students are not considered for readmission to the University until one full year after academic dismissal.

## **SUMMER SCHOOL POLICY**

Any student-athlete who does not maintain an average of 12 credits per semester will be required to attend summer school to regain eligibility for the next season of competition. Students who wish to attend summer school at another institution must have at least a 2.0 grade-point average and **prior approval** from the dean of their school at Morgan State University. Student-athletes may be eligible to receive athletic funds for summer school, **although summer funding is not a guarantee.**

**Football student-athletes who do not pass at least 9 credits during the fall term may be required to attend the winter session to be considered for summer funding.** Summer funding may cover tuition, fees, room and board. After initial full-time enrollment during a regular academic year, a student-athlete shall not receive athletically related financial aid to attend the certifying institution's summer term or summer school unless the student-athlete received such athletically related aid from the certifying institution during the student-athlete's previous academic year at that institution. The following criteria will be assessed when determining funds received:

- Summer/Fall Graduation (class audit required)
- May Graduation (class audit required)
- Sport APR Status
- Eligibility status and level of need to retain eligibility
- Recommendation by your Coach
- Active sport participation during previous semester

## **CONTINUING ELIGIBILITY**

**Minimum Class Load:** A student-athlete must be enrolled in a minimum of 12 credit hours each semester. If a student-athlete falls below this minimum course load, he/she immediately becomes ineligible to practice and compete and may lose applicable financial aid. It should be kept in mind that 12 hours is a minimum, not a goal. \*Academic Redshirts may practice only during the fall term. All academic redshirts must pass 9hrs to be eligible to practice during the spring term.

## **ANNUAL PROGRESS TOWARD DEGREE REQUIREMENTS**

Entering Second Year of Collegiate Enrollment

- Must pass 24 semester hours
- 18 credits earned during the academic year
- 90% of gpa for graduation (1.8)
- 6 credits per term
- A maximum of 6 hours of remedial courses may be used in the first year

- **Football only – must pass at least 9hrs toward degree program during the fall term to be eligible for next football season**

Entering Third Year of Collegiate Enrollment

- 40% of degree requirements
- 18 credits earned during academic year
- 95% of gpa for graduation (1.9)
- 6 credits per term
- Declaration of degree program
  - **Football only – must pass at least 9hrs toward degree program during the fall term to be eligible for next football season**

Entering Fourth Year of Collegiate Enrollment

- 60% of degree requirements
- 18 credits earned during academic year
- 100% of gpa for graduation (2.0)
- 6 credits per term
  - **Football only – must pass at least 9hrs toward degree program during the fall term to be eligible for next football season**

Entering Fifth Year of Collegiate Enrollment

- 80% of degree requirements
- 18 credits earned during academic year
- 100% of gpa for graduation (2.0)
- 6 credits per term
  - **Football only – must pass at least 9hrs toward degree program during the fall term to be eligible for next football season**

## **STUDENT ATHLETE ACADEMIC AWARDS**

Academic achievement does not go unnoticed. The following awards are given specifically to student-athletes for excellence in the classroom. These awards are given at either the athletic awards banquet, the scholar athlete brunch or at a sporting event.

Varsity “M” Award	male athlete with highest gpa(junior status)
Elijah Rowe Award	female athlete with highest gpa(junior status)
Theresa Coleman-Gibson Award	cheerleader with highest gpa(junior status)
Athletics Director’s Honor Roll	semester gpa 3.0 or higher
MEAC Commissioner’s Honor Roll	Cumulative gpa 3.0 over 2 semesters

## **STUDENT ATHLETE ADVISORY COMMITTEE (SAAC)**

SAAC (Student Athletic Advisory Committee) was developed for the purpose of improving the student-athlete experience at Morgan State University. Hopefully it will provide an arena for student-athletes to voice their opinions, discuss their ideas and grow as individuals. One of the functions of the SAAC is to develop programs in areas of community service and athlete welfare that would not only benefit student athletes, but their community as well.

The mission of the SAAC is to provide the student-athlete population with an opportunity to more effectively communicate with the MSU Athletics Department Administration and provide suggestions on programs designed to serve their needs; to actively encourage more involvement of the student-athletes in campus and community projects; and to design and implement programs which will encourage academic achievement, health promotion, social responsibility and general awareness.

The SAAC is comprised of two representatives from each sport. Morgan State has 15 varsity sports including cheerleading, so the SAAC has 30 members. Meetings are held twice a month and function as a forum for discussion of any problems or concerns related to the Morgan State University Athletics Department. The executive board consists of a President, Vice President, Secretary and Treasurer, all of which are elected into office by the SAAC members.

## **POSTGRADUATE/ POST-ELIGIBILITY AWARDS**

**NCAA Postgraduate Scholarships:** The NCAA awards 174 scholarships \$5,000 scholarships awarded to NCAA schools annually. Nominees are solicited in October for football, March for basketball and April for spring sports.

**NCAA Walter Byers Scholarship:** One male and one female is annually awarded \$10,000 toward graduate study. Nominees are solicited in January.

**NCAA Minority Postgraduate Scholarship:** Ten \$6,000 scholarships are awarded annually for those showing promise for a career in Athletics Administration. Nominees are solicited in February.

**MEAC Postgraduate Scholarship:** One male and one female are awarded annually \$5,000 toward graduate study. Nominees are solicited in March.

**NCAA Degree Completion Award:** Awards offered to former student-athletes seeking to complete their undergraduate degree. Nominees are solicited in October for spring semester and May for fall semester.

**MEAC Man/Woman of the Year:** Awarded to one female graduating senior. Nominations are submitted in March.

## **CODE OF STUDENT CONDUCT**

Students should read the full text of the Code of Student Conduct at the following [website:http://www.morgan.edu/students/current/conduct.asp](http://www.morgan.edu/students/current/conduct.asp)

### **TENETS OF JUDICIAL PROGRAM**

To regard each student as an individual, deserving individual attention, consideration, and respect.

To consider the facts fully and carefully before resolving any case.

To speak candidly and honestly to each student.

To hold each student to a high standard of behavior, both to protect the campus community, and to promote student moral development.

To contribute to the educational mission of the University by designing policies, conducting programs, and offering instruction that contribute to the intellectual and moral development of the entire student body.

**VII. PROHIBITED CONDUCT** - All misconduct, including, but not limited to, the prohibited conduct listed hereafter, is subject to disciplinary action. Attempts to commit acts prohibited by this Code shall be punished to the same extent as completed violations.

#### A. ALCOHOL AND/OR DRUG VIOLATION:

Consumption or possession of alcohol on University premises.

Unauthorized distribution or possession for purposes of distribution of any controlled dangerous substance or illegal drug.

Use or possession of any controlled dangerous substance or illegal drug.

Any other violation of the Morgan State University Alcohol and Drug Policy.

#### B. CONSPIRACY

A combination by two or more persons to plan, attempt and/or execute a violation of the Code or some act which is not a violation of the code, in itself, but becomes a violation of the Code when done by the concerted acts of the conspirators.

#### C. DISRUPTIVE, DISORDERLY OR RECKLESS CONDUCT

Intentionally or recklessly causing physical harm or intentionally or recklessly causing reasonable apprehension of such harm.

Intentionally and substantially interfering with the freedom of expression of others.

Intentionally or recklessly destroying or damaging the property of others and/or the University.

Trespass or unauthorized entry to any University premises, facility, property or at a University-sponsored event or activity.

Engaging in disorderly or disruptive conduct, which interferes with the activities of others.

Classroom Disruption - The primary responsibility for managing the teaching and learning environment rests with the instructor, which includes faculty, teaching assistants, laboratory assistants, librarians or any other person acting in a supervisory capacity over the instructional forum. Students who engage in unlawful or prohibited conduct in those for a...

#### D. FAILURE TO COMPLY

Failure to comply with the directives of University officials, administrators, or judicial board(s), including campus police officers, acting in performance of their duties.

Knowingly violating the terms of any disciplinary sanction imposed in accordance with this Code.

#### E. FALSE INFORMATION

Intentionally furnishing or causing false information or report to be furnished to the University.

Making, possessing, or using any forged, altered, or falsified instrument of identification.

Making, possessing, or using any forged, altered, or falsified University document, on or off-campus.

#### F. FIRE EQUIPMENT/ ARSON/ WEAPONS/ SAFETY

Setting fires, intentionally or recklessly misusing or damaging fire safety equipment, including, but not limited to, alarms, heat sensors, smoke detectors, hoses, fire extinguishers, and emergency telephones.

Failure to exit any building when a fire alarm has sounded or a building is evacuated.

Unauthorized use, possession or storage of any weapon.

Unauthorized use or possession of fireworks on University premises.

Trespass or unauthorized entry to any University premises or at a University sponsored event or activity.

#### G. GAMBLING

Participation in illegal games of chance or raffles for which there are not appropriate permits.

#### H. HAZING

Hazing is defined as any activity undertaken or situation created by any individual, group of individuals or organization, in which individuals are voluntarily or involuntarily subjected to activities which have the potential to harass, intimidate, impart pain, humiliate, invite ridicule of, cause undue mental or physical fatigue or distress, or to cause mutilation, laceration, or bodily injury.

#### I. POLICY REGULATION VIOLATION

Violation of published University regulations, procedures, and policies. Such regulations or policies may include but are not limited to the residence hall contract, as well as those regulations relating to entry and use of University facilities, sale, possession, or consumption of alcoholic beverages, use of vehicles and amplifying equipment, campus demonstrations, misuse of identification cards, hazing or gambling.

#### J. MISUSE OF MATERIALS OR PROPERTY

Embezzling University funds; unauthorized reading, duplicating, removing, photographing, forging, counterfeiting, altering, or misuse of any document permit or record.

Misuse of materials, including but not limited to, student identification cards, keys, computers or computer-related items, laboratory equipment, athletic equipment, or other materials issued by the University.

Destruction, damage, misuse defacing or littering of any University building, property, or private property on the campus or at University sponsored events.

#### K. THEFT

The unauthorized taking, misappropriation, or possession of a property owned or maintained by the University or owned by any person on campus or attending a University sponsored event.

Possessing, retaining, and/or disposing of any stolen property, knowing or having reason to know that the property is stolen.

**NOT KNOWING YOUR RIGHTS & RESPONSIBILITIES IS NO EXCUSE.  
READ THE CODE!**

# COMPLIANCE

## THE NCAA, MORGAN STATE & YOU

It is important that student-athletes have an understanding of the additional responsibilities they accept when they become members of an athletic team. Such responsibilities include: Performing to the best of your ability academically and athletically; contributing your best efforts toward successful team performance; contributing on and off the field in a manner that reflects credit to you, your team, the Athletics Department and the University. Student-athletes are held accountable by the same policies and procedures as other university students as outlined in the MSU Student Handbook. Additionally, student-athletes are subject to the rules and regulations of the NCAA governing unsportsmanlike behavior, non-therapeutic drug use, gambling and bribery, and the acceptance of non-permissible awards, benefits and expenses, as well as other forms of misconduct.

The following sections outline information about your eligibility to compete in intercollegiate athletics. Please read each section carefully. If you have any questions stop by the Compliance Office located in Hill Field House Room 107.

## **ETHICAL CONDUCT**

You must compete with honesty and sportsmanship at all times so that you represent the honor and dignity of fair play. Student-athletes, coaches and all others associated with intercollegiate athletics adhere to fundamentals of sportsmanship. Sportsmanship is a set of behaviors that are based upon values, including respect, civility, fairness, honesty and responsibility.

### **You are not eligible to compete if you:**

- knowingly provide information to individuals involved in organized gambling activities concerning intercollegiate athletics competition;
- knowingly solicit a bet on any intercollegiate team;
- knowingly accept a bet on any team representing the institution or participate in any gambling activity that involves intercollegiate athletics.
- have shown dishonesty in evading or violating NCAA regulations.

## **AMATEURISM**

### **You are not eligible to compete if you have ever:**

- taken pay, or the promise of pay, for competing in that sport;
- agreed (orally or in writing) to compete in professional athletics in that sport;
- played on any professional athletics team as defined by the NCAA in that sport, or used your athletics skill for pay in any form in that sport;
- accepted money, transportation or other benefits from an agent or agreed to have an agent market your athletics ability or reputation in that sport;
- since you became a student-athlete, accepted any pay for promoting a commercial product or service or allowed your name or picture to be used for promoting a commercial product or service;
- been paid for work you did not perform, been paid at a rate higher than the going rate or were paid for the value an employer placed on your reputation or fame because of your athletic ability.

## **FINANCIAL AID**

Athletic scholarships are issued on a yearly basis. The athletic scholarship is based on campus housing rates. A recipient who moves off-campus must have prior approval by the coaching staff and must provide a copy of the lease to compliance or they will forfeit their room allowance. The board allowance is based on the Silver Dining meal plan. If a recipient decides to change his/her meal plan they must have prior approval from the coaching staff.

***You are not eligible to compete if you receive financial aid other than the financial aid that MSU provides. Except***

- money from anyone upon whom you are naturally or legally dependent;
- financial aid that has been awarded to you on a basis other than athletics ability;
- financial aid from a program outside MSU that meets the requirements specific in the NCAA manual (Bylaw 15.2.6.4).

## **ATHLETIC GRANT IN AID (AGIA)**

All student-athletes must complete a FAFSA form in order to receive an athletic grant in aid. If a student-athlete's AGIA is reduced or cancelled, the student-athlete may appeal in writing to the Athletic Grant in Aid Appeals committee no later than July 1, prior to the subsequent academic year. Supportive documentation must be submitted with the appeal to the Director of Financial Aid.

## **NCAA SPECIAL ASSISTANCE FUND**

The Special Assistance Fund was established by the NCAA in 1991 to assist student-athletes with specific unmet financial needs. There are eight types of expenses for which student-athletes may receive funding. They include:

- Medical and dental expenses, except those covered by another institutional or personal insurance policy;
  - Purchase of hearing aid;
  - Vision therapy;
  - Off-campus psychological counseling;
  - Travel expenses for parents or student-athletes related to family emergencies;
  - Purchase of expendable academic course supplies (e.g. notebooks, pens, etc.)
  - Clothing and shoes (total not to exceed \$500)
- Non-expendable course supplies required for all students enrolled in the course. The NCAA Special Assistance Fund is open to all academically eligible student-athletes. There is no dollar limit, except for the clothing limit of \$500. Non-qualifiers are not eligible for the fund during their first academic year of residence. Payment of medical expenses for a student-athlete's spouse and children are not permissible. Disbursement dates are available from the athletics compliance coordinator.

## **5TH YEAR FINANCIAL AID**

An Athletics-Grant-In-Aid (AGIA) may be available for student-athletes who have exhausted their eligibility. This 5th year award is granted to financially assist the student to fulfill requirements for graduation. In granting the award, the following principles will apply:

1. Awardees will be granted the cost of tuition and fees only.
2. Awardees are required to complete the 5<sup>th</sup> year award application.
3. Awardees are required to sign an athletic grant in aid (AGIA) letter.
4. Awardees must be within 30 credits of graduation.
5. Awardees must submit official degree audit to athletics department.

6. Awardees must work 10hrs per week in the athletics department.

Non-compliance with the above listed principles will affect the AGIA of the awardee.

### **OTHER ELIGIBILITY REGULATIONS**

- You may participate in only four seasons of competition per sport unless you have been approved for an extension.
- If you have received a bachelor's degree and have eligibility remaining, you may compete seeking a second bachelor's degree, or graduate degree at the same institution you attended as an undergraduate.
- You are not eligible to compete if during the academic year you competed as a member of any outside team in any non-collegiate, amateur competition. Olympic Games tryouts and competition and other specified NCAA Council-approved competition is permitted.
- You are not eligible if five calendar years have passed from the date you first registered as a full-time student at a collegiate institution and attended your first day of classes for that term, except for time spent in the armed services, on official church missions or with recognized foreign aid services of the U.S. government. **Basketball Only**
- You are not eligible if, after you became a student-athlete, you participate in any organized basketball competition except while representing the institution in intercollegiate competition. Competing in the Olympic Games tryouts and competition and other specified NCAA Council-approved competition is permitted. It is also permissible to participate as a member of a basketball team in an NCAA-sanctioned summer basketball event.

### **STUDENT-ATHLETE SOCIAL NETWORKING POLICY**

Student-athletes are high-profile representatives of the Morgan State University, and their behavior is subject to scrutiny by their peers, the campus community, the citizens of Baltimore and the State of Maryland, and the media. The actions of a single student-athlete can reflect positively or negatively not only on the individual student-athlete, but also on your team and coaches, the Athletics Department and the entire university. Therefore, student-athletes are expected to represent yourselves and the university with honor, dignity and integrity at all times – including when interacting on social networking websites and in other online environments.

The popularity of social networking websites (e.g., Facebook, Twitter, YouTube, Instagram, SnapChat, Twitch) has grown tremendously during the last few years. These websites can serve as valuable communication tools when used appropriately. The use of social media, however, has the potential to cause problems for both the student-athlete, and the university. Almost anything a student-athlete post on a social networking site may be viewed by others, and both the media and the general public are more likely to view the profiles of student-athletes than the profiles of other students.

The Athletics Department has developed this Student-Athlete Social Networking Policy in order to: (i) provide recommendations and suggestions for you as student-athletes to help you use social media in a safe and responsible manner; and (ii) outline important rules that student-athletes must follow when using social media.

### **STUDENT-ATHLETES AT THE UNIVERSITY ARE REQUIRED TO ABIDE BY**

**RULES SET FORTH IN THIS POLICY. FAILURE TO DO SO WILL BE CONSIDERED A VIOLATION OF THE STUDENT-ATHLETE CODE OF CONDUCT**



**AND/OR THE UNIVERSITY'S STUDENT CODE OF CONDUCT. THE VIOLATION MAY RESULT IN DISCIPLINARY ACTION BY THE ATHLETICS DEPARTMENT AND THE UNIVERSITY.**

**TRANSFER PROCEDURE**

Request for Permission to Contact NCAA legislation states that an athletics staff member (e.g. coach) or other representative of athletics interests shall not make contact, directly or indirectly, with a student at any NCAA or NAIA four- year collegiate institution without first obtaining written permission to contact from the first institution's Director of Athletics or athletics administrator designee. Therefore, a student-athlete who wishes to transfer from the Morgan State University to another school must follow the procedure below:

1. Speak with your coach(s) about your intention to transfer.
2. Send an email to a member of the Compliance Office requesting a release that will allow other colleges/universities to have contact with you.
3. Upon receipt of that email, the Compliance Office will contact the student-athlete and provide a Notification of Transfer form, Transfer Portal Signature page form and the Transfer Portal Module link to be completed by the student-athlete.
4. Once received, the Compliance Office has two business days to add the student-athlete's information into the NCAA Transfer Portal.
5. Student-athletes will be sent a notification of aid cancellation from the office of financial aid with the ability to appeal within 10 days.
6. To initiate the appeal process, the student-athlete will contact the Faculty Athletic Representative in writing to inform them of their desire to pursue an appeal of their cancellation of athletic aid. The Faculty Athletics Representative will provide a written copy of the appeals procedure.
7. The Hearing and written results of the hearing will be provided to the student-athlete within 15 business days of the written request for a hearing. The student-athlete will be provided an opportunity to actively participate in the hearing (e.g., in person, via telephone). If the hearing does not take place and/or the written results of the hearing are not provided to the student-athlete within 15 days of their written request, permission to contact the student-athlete will be granted by default and written permission to contact other institutions will be provided to the student-athlete.

**Note:**

An undergraduate transfer student from a 4-year institution must leave the previous institution academically eligible, with the exception of the percentage-of-degree requirement, and in good academic standing and meet all progress-towards-degree requirements at the new institution prior to competing.

**PLAYING AND PRACTICE SEASON LIMITATIONS DEFINITION OF PLAYING SEASON**

The playing season for a particular sport is the period of time between the date of an institution's first officially recognized practice session and the date of the institution's last practice session or date of competition, whichever occurs later.

***The playing season for a particular sport is the only time within which institutions are permitted to conduct countable athletically-related activities.***

**Now you say... What are countable athletically-related activities???**

Listed below are the activities considered to be athletically - related and thus must be counted toward daily and weekly time limitations.

- Practice
- Competition
- Required weight training and conditioning activities held at the direction of, or supervised by, an institutional staff member.
- Film or videotape reviews of athletics practices or contests required, supervised or monitored by institutional staff members;
- Required participation in camps, clinics or workshops;
- Meetings initiated by coaches or other institutional staff members on athletically-related matters;
- On-court or on-field activities called by any member or members of a team and confined primarily to members of that team that are considered as requisite for participation in that sport (e.g. captain's practices);
- Visiting the competition site in the sport of cross-country;
- Individual workouts required or supervised by a member of the coaching staff except as listed below:

**If a coach is present during any voluntary individual workout during the institution's academic year, it is considered a countable athletically related activity and must be calculated in the weekly countable hours (in-season or out-of-season);** It is impermissible for any coaching staff member to be present during any voluntary individual workout outside of the institution's academic year (summer). Upon the student-athlete's request, however, it is permissible for a Tennis or Track & Field coaching staff member to be present during a voluntary individual workout outside of the institution's academic year (summer).

## **SEASON OF COMPETITION**

Qualifiers, as well as academic redshirts, have four (4) seasons of competition. Nonqualifiers have three (3) seasons of competition. Eligibility is only used when the student-athlete competes in that sport. When you enroll in any college or university as a full-time student, your eligibility clock begins. You have five (5) years from that point to complete your intercollegiate athletics eligibility.

## **TIME LIMITS FOR ATHLETICALLY-RELATED ACTIVITIES**

1. A student-athlete's participation in countable athletically-related activities shall be limited to a maximum of four hours per day and **20 hours per week**.
2. Outside of the playing season a student-athlete's participation in required athletically related activities shall be limited to a maximum of **8 hours per week**, with no more than four hours per week being spent on skill-related workouts.
3. When computing and recording the hour limitations, the following should be noted: (a) A "day" is defined as a calendar day (i.e., 12:01 am to midnight)  
(b) All competition activities on the day of competition shall count as three hours regardless of the actual duration of these activities. Practice may not be conducted following competition.  
(c) Countable hours must be recorded on a daily basis for each student-athlete regardless of whether the student-athlete is participating in an individual or a team sport.  
(d) Any countable individual or group athletically-related activity must count against the time limitation for each student-athlete who participated in the

activity but does not count against time limitations for other team members who do not participate in the activity.

(e) Daily and weekly hour limitations do not apply to countable athletically-related activities occurring during preseason practice prior to the first day of classes or the first scheduled contest, whichever is earlier.

(f) Daily and weekly hour limitations do not apply to countable athletically-related activities occurring during the academic year in periods between academic terms when classes are not in session.

(g) Daily and weekly hour limitations apply to countable athletically-related activities during final-examination periods and to all official preparatory periods leading to final examination periods.

4. During the playing season, all countable athletically-related activities shall be prohibited during one calendar day per week.
5. Outside of the playing season, all countable athletically-related activities shall be prohibited during two calendar days per week.
6. A travel day related to athletics participation may be considered a day off, provided no countable athletically-related activities occur during that day.
7. No class time shall be missed for practice activities except when a team is traveling to an away-from-home contest and the practice is in conjunction with the contest.

### **STUDENT HOST INSTRUCTIONS/RECEIPT**

Acting as a student host is an important service to Morgan State University and the Athletics Department. Appropriate conduct is required of you by institutional, conference and NCAA standards:

1. The host must be enrolled at this institution. If a freshman student, the host must have been a high school qualifier.
2. A maximum of \$60 per day may be provided to cover the entertainment expenses of the host, the prospect, and the prospect's parents, legal guardians or spouse. An additional \$40 per day for each additional prospect entertained may be provided.
3. No cash may be given to the visiting prospect or anyone else.
4. A host may not use entertainment funds to purchase, or otherwise provide the prospect with gifts of value (e.g., souvenirs or clothing).
5. A host may not use vehicles provided or arranged for by an institutional staff member or representative of the athletics interests of the University. (booster)
6. A host may not transport the prospect or anyone accompanying the prospect more than 30 miles from the campus.
7. A host should not allow recruiting conversations to occur, on or off campus between the prospect and a booster. (If an unplanned meeting occurs, only an exchange of greeting is permissible.)

### **GAMBLING IS AGAINST THE LAW!**

You are ineligible to compete if you:

- Provide information to individual involved in organized gambling activities concerning intercollegiate athletics competition;
- Solicit or accept a bet on any intercollegiate team representing the institution;
- Solicit or accept a bet on any intercollegiate competition for any item (i.e. cash, shirt, dinner) that has tangible value; or

- Participate in any gambling activity that involves intercollegiate athletics or professional athletics, through a bookmaker, a parlay card or any other method employed by organized gambling.

## **AGENTS**

You will be ineligible for competition if you:

- Accept benefits (money, transportation, etc.) from an athletics agent;
- Agree to be represented by an athletics agent until after your eligibility has ended;
- Agree to be represented by an athletics agent at a future time;
- Made an agreement (orally or written) with an athletics agent or runner.

## **STUDENT-ATHLETE EMPLOYMENT**

Earnings from a student-athlete's on or off-campus employment is exempt and is not counted in determining a student-athlete's full grant-in-aid or in the institution's financial aid limitations provided:

- The student-athlete is compensated only for work actually performed;
- Compensation does not include any remuneration for value or utility due to the student-athlete's athletics ability; and
- The student-athlete is compensated at a rate commensurate with the going rate in that locality for similar services.

If the student-athlete is currently working, or plans to work during the academic year, they must stop by the Compliance Office to complete the appropriate paperwork.

## **EXTRA BENEFITS, GIFTS AND SERVICES**

An extra benefit is any special arrangement by an institutional employee or a representative of the institution's athletic interest (i.e. boosters) to provide a student-athlete or his/her relatives or friends a benefit not expressly authorized by NCAA legislation. You will be ineligible for competition in the sport for which the improper benefit was received if you:

- Receive an award, benefit or expense allowance

You will be ineligible for competition in all sports if you:

- Receive an extra benefit not authorized by NCAA legislation or an improper award or expense allowance in conjunction with competition that involves the use of overall athletics skills

The following list details extra benefits, gifts and services that are not allowed:

- Discounts and credits
  - Use of telephone or credit cards for personal reasons
  - Loan of money
  - Guarantee of bond
  - Use of an automobile
  - Signing or cosigning a note to arrange a loan
  - Operating a camp of an institutional staff member at your own expense or sell concession items related or associated with the camp to campers or others in attendance
- Accept athletics equipment supplies or clothing from manufacturer or commercial enterprise
- Assistance in payment of bills

## **ATHLETICS HOUSING WAIVER**

Prior to the close of the academic school year, all student-athletes who receive room and board through the Athletics Department must complete an athletics waiver application form. This form can be obtained from the compliance coordinator and should be completed with your housing agreement form and housing contract.

## **COMPLIMENTARY ADMISSION TICKET POLICY (for student-athletes)**

Complimentary admissions shall be provided only through a *pass list* for individuals designated by the student-athlete. In addition to a student-athlete's own family members, relatives or fellow students, specific family members or relatives of a teammate are permitted to use the student-athlete's complimentary admissions if so designated. The individual utilizing the complimentary admission must present identification to the person supervising the pass list at the admission gate. The individual will then be provided a ticket stub or other identification or a specified reserved seat, directed to a specific reserved seating section or seating area, or treated as a general admission ticket holder. In any event "*hard*" *tickets shall not be issued in conjunction with the complimentary admission program.*

### **MSU Fans (Boosters) Do's and Don'ts**

This simple phrase is a friendly reminder to alumni, fans and friends of MSU that it is **always better to ask before you act!**

Morgan State University strives for academic and athletic excellence. Pursuant of that goal is an on-going commitment to ethical conduct by all members of its staff and supporters. Even the simplest, inadvertent actions on the part of a booster or supporter may jeopardize the eligibility of student-athletes and/or prospects and the compliance of the university with NCAA or MEAC regulations.

Morgan State University, by virtue of its membership in the National Collegiate Athletic Association (NCAA) and the Mid-Eastern Athletic Conference (MEAC), is responsible for ensuring complete compliance of all constituencies (i.e. university staff, student-athletes, alumni, fans, boosters and friends) with all NCAA and MEAC rules and regulations. Under NCAA rules, parents, alumni, fans and friends may be categorized as "representatives of athletics interests."

## **WHO IS A BOOSTER?**

An individual is considered to be a representative of Morgan State University's athletic interests if they are a former student, friend, or fan of the program. Representatives of athletics interest are subject to NCAA regulations; therefore, both Morgan State University and the representative are subject to penalties for any violation of NCAA rules by athletics representatives or their support organization. The NCAA defines a representative of athletics interests as an "individual who is known (or should have been known) by a member of the institutions Athletics *administration*" to:

- Currently be a member or have participated as a member in any organization promoting the institution's intercollegiate athletics program (example: booster club);
- Have made financial contributions to the athletic department or to an athletics booster organization of that institution;
- Have been involved, in any way, in promoting the institution's athletics program;
- Be assisting or have been requested by the athletic department staff to assist in the recruitment of prospective student-athletes or;

- Be assisting or to have assisted in providing benefits to enrolled student-athletes or their families
- Important Note: Once an individual is identified as a representative of the institution's athletics interests, the person retains that identity indefinitely

The NCAA stipulates that once an individual has been identified as a representative or "booster" of the University's athletics program, he or she retains this status forever. This is true even if the individual no longer contributes to the athletics program.

A student athlete **cannot accept** anything from a booster or an employee of MSU that would be considered an extra benefit not available to the general student body. Examples include the use of a car, clothing, gifts, money, tickets, entertainment, etc.

A student athlete **cannot accept** free or reduced-cost room and board from any MSU employee or booster of MSU. A student athlete cannot accept free or reduced merchandise or services from any merchant unless that free or reduced-cost item is also available to the general public.

A student athlete **cannot receive** a special discount arrangement or credit on a purchase (e.g. airline ticket, clothing) or service (e.g., laundry, dry cleaning) from an employee of MSU or a booster.

A student athlete **cannot** eat at a restaurant as the guest of an athletic booster or an employee of MSU.

On infrequent, special occasions (e.g., birthday), a student athlete may **accept** an invitation to the home of an employee of MSU or booster for a meal.

A student athlete **cannot** use the Department of Athletics' copy machine, fax machine, or make long distance phone calls using departmental equipment or the long distance access code of an employee of MSU or a booster.

A booster or employee of MSU **cannot** type reports, letters, papers, etc., for a student athlete.

An MSU employee or booster **cannot provide** a student athlete with a loan or money, a guarantee of bond, the use of an automobile or the signing of a note to arrange a loan. A student athlete **cannot accept** frequent traveler miles for trips that are financed by the Department of Athletics.

### **FREQUENTLY ASKED QUESTIONS:**

**Q: IS IT PERMISSIBLE TO CONTACT A PROSPECTIVE STUDENTATHLETE OR HIS/HER PARENTS OR LEGAL GUARDIANS?**

**NO.** An athletics representative may not contact a prospect or his/her parents in person, by telephone, writing, or e-mail.

**Q: IS THIS CONTACT APPLICABLE TO PROSPECTS THAT ARE "ESTABLISHED FAMILY FRIENDS" OR NEIGHBORS?**

**NO.** However, it must be UNDERSTOOD that such contacts cannot be initiated or arranged by Morgan State University coaching staff members. In addition, the established relationship must have occurred prior to the friend or neighbor becoming a prospect.

**Q: WHAT IF A PROSPECT CALLS AN ATHLETICS REPRESENTATIVE?**

**A:** An athletics representative may have a telephone conversation with a prospect ONLY if the prospect initiates the call. Such a call may not be prearranged by an institution staff member and the athletics representative may NOT have a recruiting conversation, but may exhibit normal civility. The athletics representative must refer any questions, about the University's athletic program to the Department of Athletics.

**Q: WHAT IF A PROSPECT KNOWS THAT AN ATHLETICS REPRESENTATIVE IS A MORGAN STATE UNIVERSITY GRADUATE AND CONTACTS HIM/HER ABOUT QUESTIONS ABOUT MSU?**

**A:** If a prospect contacts an athletics representative, he/she may answer questions regarding various aspects of Morgan State University as long as NO discussion takes place regarding Morgan State University athletics program. If a prospect asks about Morgan State University athletics, refer him/her to the Department of Athletics.

**Q: MAY AN ATHLETICS REPRESENTATIVE SPEAK TO A MSU COACH IF A PROSPECT IS WITH THE COACH?**

**A:** If a MSU coach is with a prospect, do not approach the coach until the prospect and family have gone elsewhere. Otherwise, the coach will be placed in an awkward situation because he/she will not be able to introduce the prospect to the athletics representative. If a prospect approaches an athletics representative on or off campus regarding the athletics department, explain that NCAA rules do not permit discussion of the athletics program. Refer the prospect to the appropriate MSU coach.

**Q: CAN I EMPLOY RETURNING STUDENT-ATHLETE DURING THE SUMMER?**

**YES**, but the compensation must be only for work that is performed and at a rate that is commensurate with the going rate for similar services.

**Q: IS IT PERMISSIBLE FOR AN ATHLETICS REPRESENTATIVE TO EMPLOY A STUDENT-ATHLETE DURING THE ACADEMIC YEAR WHILE HE/SHE IS ENROLLED AS A FULL-TIME STUDENT?**

**YES**, but student-athletes must register their part-time job with the Compliance Office to ensure all income is correctly tracked in accordance with NCAA legislation. If you do employ a MSU student-athlete, you will be contacted by MSU Compliance Office to ensure the student-athlete's eligibility is not in jeopardy.

**Q: CAN I PROVIDE TRANSPORTATION TO A STUDENT-ATHLETE TO GET TO HIS/HER JOB?**

**NO.** You cannot provide transportation for student-athletes under your employment unless such transportation is provided to all employees.

**WHOM DO I CONTACT?**

Compliance with NCAA regulations is the highest priority for our athletics programs at MSU. We need your assistance in complying with NCAA rules and regulations. If you are faced with a situation and are unsure how to respond, or if you have any questions regarding NCAA rules, we urge you to contact the Compliance Office. Your continued interest in and support of Morgan State University is greatly appreciated.

## **MEDICAL CARE**

**Sports Medicine Hill Field House, LL122**

**Phone: (443) 885- 3486 / Fax: (443) 885-8314**

**Monday – Friday**

**8:00AM - 6:00PM**

**Weekends: By Appointment**

This is a brief overview of the policies and procedures of the athletic training room at Morgan State University. It is the Student-Athlete's responsibility to be fully aware of policies set forth by the Morgan State University Sports Medicine Program. An inherent risk of injury is assumed with the decision to participate in intercollegiate athletics. Morgan State University seeks to provide the best athletic training, physical rehabilitation, and medical care for its student-athletes. Sports Medicine at Morgan State University features modern equipment and supplies to facilitate the utmost in athletic injury care and rehabilitation. We are a staff of six full time Athletic Trainers, as well as a Team Orthopedic Surgeon, two Team General Medical Physicians and Physical Therapists.

### **Athletic Training Room Rules**

**Sign In                      Wear Athletic Clothing**

**Be Timely                    Communicate**

**No Cleats                    No Eating**

**Be Polite                    Be Clean**

**Be Clean (Shower after practice/before treatment if possible)**

### **Treatment Policy**

The athletic training staff is available Monday through Friday in the athletic training room according to the posted hours on the athletic training room doors. General hours are Monday through Friday 8am-6pm. Hours on Saturdays and Sundays will be made around practices and game schedules so please communicate with your athletic trainer if you have a need outside of normal hours. Please keep in mind that an athletic trainer may have practice coverage requirements or may be traveling with another team during normal hours. If your athletic trainer has not set specific treatment times, we ask that you communicate in advance (before arriving for treatment) so we can come up with a time that will best accommodate you and your needs. It is the responsibility of the INJURED STUDENT-ATHLETE to receive daily treatments in the athletic training room during the posted hours. If the student-athlete is in class during the posted hours, it is their responsibility to inform the athletic training staff and arrangements will be made for treatment at a given time by the athletic trainer. When you are injured, daily attendance in the athletic training facility is just as important as daily attendance of practice. Please protect yourself and your injury. The Sports Medicine Staff sees attendance in the



athletic training room just as important as a practice or game so if a treatment is missed it will be reported to the appropriate coach. This student athlete will also be considered "FULL PARTICIPATION" for practice, lifting and conditioning. During activity, if the student-athlete that did not receive treatment begins showing issue with the injury, the athletic trainer WILL NOT remove them unless it is medically necessary. If a coach removes them from activity, the student athlete may be re-evaluated during training room hours and is expected to begin treatment as appropriate. The excuse "I was there but no one would help me", will not be tolerated by the athletic training staff. A student athlete who is disrespectful and/or has exhibited a non-compliant behavior in the training room will be immediately removed from the athletic training room. This athlete will not be permitted back in until a meeting between the athletic trainer, the appropriate coach, and the student athlete takes place. The student athlete's privilege to receive the sports medicine service may be permanently withdrawn if this does not take place. An athlete that no longer has eligibility but is still enrolled as a Morgan State University Student may receive treatment and rehabilitation in the athletic training room on an injury sustained while participating in athletics.

#### **EQUIPMENT SIGN-OUT AND RETURN POLICY**

Occasionally, it is medically necessary to check out different types of splints, braces, crutches, etc. from the athletic training room. The student athlete's name, date, item borrowed, and name of the athletic trainer issuing the item will be recorded. When the student athlete no longer needs the item or at the end of their season, they are required to return the issued items and a charge will be assessed to their account.

#### **MEDICAL APPOINTMENT POLICY**

When a student-athlete is referred to a physician's office or is prescribed diagnostic imaging, the Morgan State Sports Medicine Staff will make the appointment. Every attempt will be made to schedule around the student athlete's class schedule. Student-athletes should not miss class or practices/games because of any medical appointment unless it is an emergency situation. If this situation should arise, the student-athlete should contact their professor to inform them of the absence. The athletic trainer will also send a follow-up email to the appropriate academic advisor and professor to confirm the absence was due to a medical appointment.

Every effort will be made to transport the athlete to the appointment in the Sports Medicine Vehicle. Unfortunately, due to the volume of appointments and staff we cannot always promise transportation.

If Morgan State Sports Medicine Staff makes any appointments for the student athlete and he or she does not go to the appointment, this information will be reported to the coach. Without appropriate documentation for missing an appointment, the student athlete will become responsible for making their own appointment. A continuation of missed appointments will lead to exclusion of the athletic training room and self pay of accrued medical bills.

## **PREGNANCY POLICY**

The pregnancy policy has been developed to inform the student athlete of their protection and rights during pregnancy while participating in intercollegiate sports. This policy affects the male and female intercollegiate student athlete. Morgan State University Athletic Department Secondary Insurance (AG Administrators) does not cover pregnancy or any care related to childbirth. The Morgan State University Infirmary can provide additional help in this area.

Pregnancy is treated no differently than any other type of temporary medical condition. The student athlete must inform the Morgan State Sports Medicine Staff immediately of a pregnancy. This is in the best interest of the student athlete and unborn child. Morgan State University Sports Medicine follows the NCAA guidelines in handling a pregnant student athlete and may be obtained in the NCAA Sports Medicine Handbook.

## **SICKLE CELL TRAIT TESTING POLICY**

In accordance with the recent NCAA mandates, all incoming Morgan State University Student Athletes must be tested for the sickle cell trait prior to any participation, practice, or lifting. Although persons of any race and ancestry may test positive for sickle cell trait, it predominantly affects African-Americans. Less than 1% of white Americans carry the sickle cell trait. Within the past ten (10) years, eight (8) college football players have died from acute rhabdomyolysis, a result of carrying the sickle cell trait. Some of these players were unaware that they had the trait.

If you have been previously tested for sickle cell trait, contact your family physician, pediatrician, or Health Department to obtain copies of these results. One test per lifetime is sufficient. If you have never had a lab screening for sickle cell trait, or are unable to obtain prior results, then you should schedule one immediately. You can obtain a script from our team physician for this reason. Take this script to any blood lab in your area (LAB CORP, QUEST). Typically, the blood test will take 48-72 hours to be finalized and documented results provided. You can also be tested at Morgan State's Health Center for \$25. You must first pay the fee to the cashier's office in Montebello, then take the receipt to the Health Center. Morgan State cannot pay for or reimburse the cost of sickle cell testing.

Student-Athletes will NOT be allowed to participate in any athletic activities until the Sports Medicine Staff has received either a copy of the results or a Verification of Results form (completed by a physician).

We have provided a "Verification of Sickle Cell Trait Testing" form on the athletic website. This form can replace official lab results if it is filled out, signed, and officially stamped by your physician. This form is not to be completed by the student athlete or their parents/guardians. If you submit lab results you do not need to submit the form. If a student athlete tests positive for the sickle-cell trait, the Team Physician will discuss the inherent health risks and precautions to help avoid related problems during his/her pre-participation physical exam. Positive results may also mean adjustments in the student athlete's initial conditioning and practice schedule. A Certified Athletic Trainer

must be present during any Team Sanctioned Physical Activity including weights, conditioning, practices, competitions.

### **IN-HOUSE DOCTOR'S VISITS**

Morgan State Sports Medicine holds three (3) clinics a week during the school year. Dr. Richard Hinton (team orthopedic surgeon) or one of his fellows, and Dr. Kari Kindschi or Dr. Leoni Prao (team general medical physicians) come in weekly to evaluate and prescribe. If the athletic trainer determines that a student athlete needs to be seen in the athletic training room by the physician, they will be informed of a day and time to report, and a medical referral will be generated. The order of clinic is determined by order of arrival and class/game/practice schedule. If a student-athlete is placed on the list and does not show up for clinic without a valid excuse and timely notice of absence, the appropriate coach will be notified and the student-athlete may need to make their own appointment at the physician's office and find transportation.

### **PRE-PARTICIPATION TRYOUTS / MEDICAL SCREENINGS**

Prior to trying out for a given sport, all student-athletes **MUST** sign a try-out waiver, submit a physical completed by a physician within one calendar year, Sickle Cell Trait Results, and a front and back copy of their health insurance card. When the student athlete is placed on the team roster, they will then go through the MSU pre-participation physical process. Note: this precautionary measure is an NCAA rule that should be considered prior to allowing any student-athlete to train or condition with the team. Screenings are performed throughout the year based on sport. They are done in the Morgan State Athletic Training Room by the team physicians. The necessary paperwork may be found on-line in the form section of the Sports Medicine Link at [www.morganstatebears.com](http://www.morganstatebears.com). Student-athletes trying out for a team are financially responsible for their physical exam and sickle cell testing.

### **COMPLETED PAPERWORK**

When a student-athlete reports to MSU, a medical file (which will be active until the student-athlete graduates or leaves Morgan State Athletics) is generated. Student-athletes will complete a medical history form (freshmen and transfers) or medical history update (returning student-athletes), emergency contact information, insurance information, and parent/guardian information. Student-athletes are also required to sign consent forms (consent to be drug tested and disclosure of any supplements the student-athlete may be taking), and acknowledgement of risk forms. Student-athletes must also provide a picture of the front and back of their health insurance card at this time. Documents are distributed via Teamwork and the ATS portal. Instructions for the ATS portal can be found online on the Sports Medicine page at [www.morganstatebears.com](http://www.morganstatebears.com). Please be aware that the pre-participation screening process can be expedited if the student-athlete completes the necessary paperwork before their arrival to campus.

### **INSURANCE INFORMATION**

The athletic department's secondary insurance policy requires that a student-athlete have **HEALTH** insurance, either through their family or the student health insurance provided

by Morgan State. A copy of the front and back of the insurance card **MUST** be on file before a student-athlete will be allowed to participate in any athletic activities. All healthcare costs associated with athletic participation will be billed first to the student athlete's primary insurance. Any additional costs (if the injury occurred during NCAA sanctioned athletic participation and was referred first to a member of the Athletic Training Staff) will be paid by the secondary insurance company. As a staff, we make every effort to ensure that our providers send remaining balances to our secondary insurance company. Unfortunately, sometimes bills end up going to the home address you provided at the time of service. If you or your parent/guardian receive a bill from an athletic related injury, please scan/email, fax, mail, or physically hand a copy of the bill to the Assistant Athletic Director for Sports Medicine or your sport's primary Athletic Trainer as soon as possible. If bills/notices are ignored, the bill may be sent to collections and that could unfortunately affect your credit score. **PLEASE BRING US BILLS BEFORE THEY GET TO COLLECTIONS.**

We can take care of bills very easily and are happy to do so before they go to collections. Please see the section entitled "Insurance Coverage of Student Athletes" for further information.

#### **MEDICAL EXPENSE INFORMATION**

The National Collegiate Athletic Association and the secondary health insurance policy currently used by Morgan State University have established guidelines for covering athletic medical expenses during the student-athlete's scholarship or campaign eligibility tenure, identifying what is permissible and non-permissible for the institution to pay.

The Morgan State University Athletic Association **MAY** finance the following athletic medical expenses:

- Athletic medical insurance
- Death and dismemberment insurance for travel associated with intercollegiate athletics competition and practice
- Counseling expenses related to disordered eating patterns
- Special individual expenses resulting from a permanent disability that precludes further athletic participation
- Expenses for medical treatment as the result of an athletic-related injury
- Surgical expenses as a result of an athletic-related injury
- Medication and physical therapy utilized by a student-athlete during the academic year to enable the student-athlete to return to normal function and/or athletic participation
- Emergency dental work/extraction to prevent life threatening problems

The Morgan State University Athletic Association **MAY NOT** finance the following nonathletic medical expenses:

- Student health insurance
- Surgical expenses to treat a non-athletic related illness or injury
- Medical or hospital expenses as the result of an injury going to or participating

in class (i.e. physical education classes)

- Teeth cleaning, provisional filling of teeth other than dental work, unless the dental work is directly related to an injury to the teeth that occurred during practice, competition, or life threatening dental problems
- Vision screens, the purchase of corrective visual aids, or the replacement of existing visual aids unless approved and arranged by the Head Athletic Trainer

### **SECOND OPINION / OUTSIDE REFERRAL POLICY**

Second opinion physician visits, specialists, diagnostic testing and other medical services (i.e. massage therapy, physical therapy, etc) will only be covered by the MSU Athletic Department if services are approved and arranged by a Morgan State team physician and/or athletic training staff member.

### **MEDICAL CERTIFICATION FOR INDIVIDUAL STUDENT ATHLETE PARTICIPATION**

The Morgan State University Athletics Department requires all student-athletes to complete a pre-participation physical examination prior to the student-athlete being issued any equipment being permitted to attend any practice or strength and conditioning session, and/or competing in any intercollegiate athletic activities. The pre-participation screening **MUST** be administered by a Morgan State University Team Physician and/or his/her designee and must be completed on an annual basis. The examination includes, but is not limited to:

1. Acknowledgement of Insurance Requirements
2. Student-Athlete Medical History Questionnaire
3. Student-Athlete Demographic and Insurance Form. A copy of the insurance card (front and back) must be included with this form.
4. Acknowledgement of Risk Associated with Sports Participation, which includes medical consent and authorization to release information.
5. Medical Care Information
6. Declaration of Non-Insured Form (Student-Athletes without medical insurance must have this form signed)
7. Completion of a Supplement Disclosure Form
8. Completion of a blood test for all incoming freshman/transfer student-athletes in order to screen for anemia, and sickle cell anemia.
9. Any ADD/ADHD testing, RX, and medical notes
10. ImPACT Baseline Test
11. Physical Examination conducted by a Morgan State University Team Physician.
12. Electrocardiogram (FB, MBB, WBB, T&F)

Selected individuals may be required to complete additional tests and/or examinations as needed. Upon successful completion of the aforementioned pre-participation physical examination process, the student-athlete will receive approval/certification from the Morgan State University Sports Medicine Staff to be issued equipment, and to participate in practice, strength and conditioning sessions, and/or competition.

If, for any reason, the student-athlete is not approved/certified for intercollegiate athletics participation, he/she will be notified by the Morgan State University Team Physician and/or a member of the Morgan State University Sports Medicine Staff at the end of the pre-participation physical examination. Scholarship student-athlete:

- Costs associated with additional tests, consultations, and/or medical procedures needed to gain approval/certification for participation will be sent to the student-athlete's primary health insurance for payment first.
- Costs not paid by the student-athlete's primary health insurance will be paid by the Morgan State University Athletic Department.

Non-Scholarship Student-Athletes:

- All costs associated with any additional tests, consultations, and/or medical procedures needed to gain approval/certification for participation in intercollegiate athletics at Morgan State University will be the responsibility of the student athlete and/or his/her primary health insurance.

No member of the Morgan State University Athletics Department will permit a student athlete to participate, nor will Morgan State University provide insurance coverage to any

student-athlete who has not completed the pre-participation screening. If a student athlete misses their screening for an unexcused absence, it becomes their responsibility to make an appointment with the team physicians to complete the process.

## **EXIT PHYSICALS**

At the conclusion of each season every student athlete is required to fill out an exit physical form and report any injuries that are unresolved from the season. The first clinic held after the last participation, these student athletes will be screened by the team physician and it will be decided what steps need to be taken next. Anything unresolved must be reported at this time. If it is not, it will not be paid for by Morgan State Athletics

## **INSURANCE COVERAGE OF STUDENT ATHLETES**

**SOME TYPE OF INDIVIDUAL HEALTH INSURANCE SHOULD COVER ALL MORGAN STATE UNIVERSITY STUDENT-ATHLETES BEFORE**

**PARTICIPATING IN ANY PRACTICE, GAME, AND/OR COMPETITION.** The student-athlete's insurance should cover athletic related injuries and/or illnesses and shall be considered the PRIMARY insurance coverage for all athletic related injuries. The student-athlete must complete all forms that are in the MSU Sports Medicine Package and supply a photocopy (front & back) of the health insurance card on a yearly basis. The Morgan State University Athletic Association utilizes secondary insurance coverage.

Any intercollegiate student-athlete who sustains an athletic related injury or illness; their medical bill will be filed to their personal insurance as primary insurance coverage (i.e., school insurance, parent's private policies). The athletic association will be responsible for those expenses not covered by the primary insurer. In the event of a student-athlete who has no personal insurance or student-athlete primary

insurance rejects treatments, the athletic association will serve as the primary insurer. It should be noted that the athletic association can only cover injuries sustained during Morgan State University supervised practices or scheduled activities. Additionally, the secondary insurance will only be filed when the student-athlete comes into the athletic training room, is evaluated by the certified athletic trainer, and is referred to the appropriate physician by the certified athletic trainer. Any other circumstances under which injuries occur are regarded as non-athletic in nature and are not the financial responsibility of Morgan State University Athletic Department, nor is it legal for the athletic association to assume such responsibility.

The MSU athletic training staff will arrange medical appointments. The athletic association will not be responsible for payment of unauthorized visits. Physician services will only be rendered when a medical referral form accompanies the student-athlete.

Visits and charges made without such referral forms are the responsibility of the student athlete.

The Morgan State University Athletics Department provides a medical and catastrophic insurance program for its student-athletes. **THIS POLICY, HOWEVER, IS SECONDARY TO, OR IN EXCESS OF, PERSONAL FAMILY MEDICAL INSURANCE COVERAGE**, and covers only injuries/illness/accidents resulting from the direct

participation in the intercollegiate athletics program during the dates of the primary competitive season and designated off-seasons as approved by the Director of Athletics and/or Head Athletic Trainer according to NCAA regulations.

#### **104 WEEK LIMITATION ON SECONDARY INSURANCE COVERAGE**

The Morgan State University's medical and catastrophic insurance program will pay for the excess of the "Necessary" medical treatment up to the "Usual" and "Customary" charges for such expense incurred within 104 weeks (2 years) from the initial date of the injury/illness/accident. The first expense must be incurred within sixty calendar days of the date of the injury/accident. It is the responsibility of the Morgan State University athletic trainer supervising the sport to keep track of the 104 week time period and notify the Sports Medicine staff and/or his designee of any cases approaching the 104 week limitation.

#### **COMPLIANCE WITH INSURANCE COMPANY REQUESTS:**

It is the student athlete and his/her parent(s)/guardian(s) responsibility to understand the conditions that apply to their policy and comply with any requests for information, etc. from the primary insurance company. Any delinquent bills resulting in bad credit due to non-compliance with insurance company requests may be the responsibility of the student-athlete and/or his/her parent(s)/guardian(s).

In the event that a student-athlete and/or his/her parent(s)/guardian(s) receives payment/reimbursement directly from their insurance company for athletic related injury/illness claims, the full account balance becomes the responsibility of the

student-athlete and/or his/her parent(s)/guardian(s), until payment is turned over the provider.

### **HMOs**

If a student-athlete's primary insurance is an HMO, the Morgan State University Sports Medicine Unit strongly encourages the student-athlete and/or his/her parent(s)/guardian(s) to change the primary care physician (PCP) to a Morgan State University Team Physician or local physician. This will allow the student-athlete to have a network of physicians in the Baltimore area, as well as better access to care. A member of the Morgan State University Sports Medicine Staff can assist in this process.

### **MEDICAID**

Student-athletes who have medicaid outside the state of Maryland may be required to enroll in the school's student health insurance, as most providers do not accept out of state medicaid. If the student-athlete sustains an injury that is non-athletic related and requires an emergency room or urgent care visit, this could result in expensive medical bills that the student-athlete will be financially responsible for. In order to decrease the potential financial burden on a student-athlete, we recommend enrollment in the student health insurance.

### **INSURANCE POLICY CHANGES**

The Morgan State University Sports Medicine Unit must receive any changes to a health insurance policy as soon as they occur. If proper notification is not received, the Morgan State University Athletics Department may not be responsible for any delays in payment, collections notices, credit reports, etc that occur.

### **MEDICAL BILLS**

In the event that a student-athlete should receive a bill/statement for an injury/illness that occurred as a direct result of participation in intercollegiate athletics at Morgan State University, the student-athlete must submit the bill/statement to a member of the Morgan State University Sports Medicine Staff in a timely manner. Bills not received in a timely manner may be the responsibility of the student-athlete and/or the student athlete's parent(s)/guardians(s). The Morgan State University Department of Intercollegiate Athletics and/or the Morgan State University Sports Medicine Unit WILL NOT be responsible for any delays in payment, collections notices, credit reports, etc that occur due to bills not being submitted in a timely manner. Submit all correspondence to:

Morgan State University Sports Medicine Unit  
Attn: Assistant Athletic Director – Sports Medicine  
1700 E. Cold Spring Lane  
Hill Field House  
Baltimore, MD 21251  
Phone (443) 885-3486



Fax (443) 885-8314

## **EXCLUSIONS AND LIMITATIONS**

The Morgan State University Athletics Department's secondary medical insurance policies **WILL NOT** apply to the situations indicated below. This list is not all-inclusive.

1. Injuries/illnesses that are not the direct result of intercollegiate athletics participating during the dates of the primary competitive season and designated off-seasons as approved by the Director of Athletics according to NCAA regulations.
2. Experimental procedures.
3. Cosmetic surgery or procedures unless directly related to an athletics related injury.
4. Hospital room and board charges in excess of the semi-private room rate unless hospitalized in an intensive care unit.
5. Injuries/illnesses that are recurrences of old injuries/illnesses, which were sustained before participation in the intercollegiate sports program.
6. Injuries/illnesses that are a result of intramural, club sports, and recreation activities (non-intercollegiate activities), as well as training/conditioning activities that occur outside of the primary competitive season and designated off-season periods.
7. Expenses for athletic injuries incurred after completion of the student-athlete's intercollegiate athletic eligibility.
8. Medical expenses beyond the limitations and exclusions of, or not covered by the Morgan State Department of Athletics insurance policy.

The importance of having some form of personal health insurance coverage cannot be over emphasized. Medical bills resulting from the aforementioned activities will be submitted to the student-athlete's primary medical insurance. Any unpaid balances are the responsibility of the student-athlete and/or the student-athlete's parent(s)/guardian(s).

The Master Policy on file at the University contains all of the provisions, limitations, exclusions, and qualifications of the Morgan State University Athletics Department's insurance policy, some of which may not be included in this brochure. If any discrepancy exists between this brochure and the Policy, the Master Policy will govern and control the payment of the benefits.

## **INTERNATIONAL STUDENT-ATHLETES:**

In order to be enrolled in classes at any United States college or university, international students must prove that they have insurance that complies with standards set by the federal government. Insurance requirements will vary depending on if the student qualifies for F-1 status or J-1 status. The International Education Services (IES) Office can assist the student-athlete with all insurance inquiries.

## **F-1 STUDENTS-**

All F-1 students must carry health insurance that meets specifications outlined by the United States Department of State (DOS). Failure of an F-1 student to carry health insurance will result in termination of the student's program and a report of the program termination of the United States Department of State. F-1 students must carry health

insurance that provides for emergency medical evacuation and repatriation.

### **J-1 STUDENTS-**

All J-1 students must carry health insurance for themselves and all J-2 dependents that meet specifications outlined by the United States Department of State (DOS). Failure of a J-1 student to carry health insurance will result in termination of the student's program and a report of the program termination to the United States Department of State.

J-1 students should purchase the MAMSI Life and Health Insurance Student Policy (<http://www.mamsi.com>). Any insurance that is purchased by/for an international student-athlete must meet the following specifications:

- \$500 deductible per accident or illness;
- Insurance must pay at least 75% of the covered medical expenses;
- Minimum of \$50,000.00 maximum coverage for each specific injury or illness;
- If a particular activity is a part of your Exchange Visitor program (e.g. intercollegiate athletics), then the insurance must cover injuries resulting from the student-athlete's participation in the activity:
  - Minimum of \$7,500.00 in death benefits;
  - Minimum of \$10,000.00 for medical evacuation & repatriation; and
  - Policy must be backed by the full faith & credit of the student-athlete's home country government.

If an international student-athlete is already covered by insurance that meets the requirements outlined above, he/she must provide written proof of coverage to the Morgan State University Health Center. The information should be in English and should clearly specify the amount, period, and type of coverage, the deductible, the company rating, any copayments, exclusions, and the policy concerning pre-existing conditions.

Anyone with questions regarding insurance requesting for international students should contact the Morgan State University Health Center and/or International Education Services Office.

Proof of compliance with international student insurance requirements must be made at the Morgan State University Health Center and/or International Education Services Office in order to avoid deportation, exclusion from classes, and/or exclusion from participation in MSU athletics. Notice: The aforementioned guidelines may not be exact in every situation and for every student-athlete. International insurance regulations are continually amended and changed by the U.S. government. The Morgan State University Sports Medicine Unit will not be held responsible for changes that the University or government may make, and/or the student-athlete's failure to check the specific guidelines for their country or insurance company. It is the student-athlete's responsibility to make sure that they are in compliance with Federal, Morgan State University, and Morgan State University.

## **STATEMENT OF ASSUMPTION OF RISK**

In the event that a student-athlete is injured and has been advised by either the athletic training staff, the team physician or the team physician's assistant that they should not participate in athletics (for any period of time), the athletic training staff will limit the student-athlete's activity status appropriately. If the student-athlete insists upon participating in his/her sport to a level that is beyond what the medical staff has advised, that student-athlete will be required to sign a notarized statement that releases MSU, the coaching staff, the athletic training staff, and the team physicians from any and all financial or physical liability. This does not apply to a chronic illness that will place other student-athletes in danger. Chronic illness or injuries that are classified in this category will be determined at the discretion of MSU sports medicine staff, team physician, and the athletic director for medical clearance to participate at MSU. A copy of this statement will be sent to the following people:

- Student-athlete's parents
- Student-athlete's coach
- Athletic Director
- Assistant Athletic Director
- Insurance Coordinator
- In athlete's medical file

## **RETURN TO PLAY POLICY**

The MSU Team Physician, in conjunction with the MSU athletic training staff, has the final authority in deciding if and when an injured student-athlete may return to practice and/or competition.

## **PROCEDURE SECTION**

### **ON-CALL MEDICAL COVERAGE PROCEDURES**

If there are no athletic trainers covering a practice or away game and if a non-catastrophic injury occurs, the following protocol should be adhered to: First, the coach should notify the assigned certified athletic trainer immediately by a cell phone. Then, the coach should instruct the student-athlete to report to the athletic training room on the next business day during operational hours. If a catastrophic injury occurs during an away or home event, a coach should call 911 for medical attention. If the injury occurs during a home event on campus, the coach should notify campus security at 443-885-3103 for further emergency assistance. It is extremely critical that the coach communicates all information pertaining to the injury with the assigned athletic trainer at all times.

### **INJURY/ILLNESS REPORTING PROCEDURES**

Any certified intercollegiate athletics participant who is injured/becomes ill must IMMEDIATELY report the injury/illness to a member of the Morgan State University Sports Medicine Staff. Costs pertaining to an injury and/or illness not reported in a timely manner may be the responsibility of the student-athlete and/or his/her parent(s)/guardian(s).

## **NON-SPORT RELATED INJURY/ILLNESS PROCEDURES**

The Morgan State University Sports Medicine Unit may assume financial responsibility for injuries

and illnesses that are not directly related to participation in the intercollegiate athletics program (e.g.

colds, cough, flu, etc) at the discretion of the Head Athletic Trainer.

- Such injuries and/or illnesses must take place during the student-athlete's primary competitive in-season and must be serious enough to preclude the student-athlete's participation on his/her sport.

## **MISSED PHYSICIAN APPOINTMENT PROCEDURES**

If the athletic trainer makes an appointment, and the student-athlete does not go to the appointment, this information will be reported to the coach, and Head Athletic Trainer.

The appropriate disciplinary steps will be administered at the discretion of the coach.

The student-athlete who misses their first appointment made by the athletic trainer, will be fully responsible for making the next appointment and providing their own

transportation. If the student-athlete misses their second appointment, the student-athlete will be fully responsible for making their third appointment, arranging own transportation, and making full payment for the third appointment.

Student-athletes who are late and/or fail to show-up for scheduled appointments with the team physician, medical consultants, and/or diagnostic tests/procedures will be financially responsible for any and all charges resulting from the missed appointment. In addition, the student-athlete will be responsible for rescheduling the appointment and providing his/her own transportation.

## **"OUT-OF-TOWN" PHYSICAL THERAPY REHABILITATION PROCEDURES**

At times it may be necessary for a student-athlete to utilize an "out-of-town" physical therapy facility. In such situations, permission must be granted from the Head Athletic Trainer and/or his designee. Such referrals must come from a member of the Morgan State University Sports Medicine Unit. If a student-athlete decides to utilize physical therapy/rehabilitation services without the authorization of a member of the Morgan State University Sports Medicine Staff, the student-athlete and/or student athlete's parent(s)/guardian(s) will be financially responsible for any and all medical bills incurred.

## **PHYSICIANS REFERRALS/ CONSULTATIONS**

The Morgan State University Department of Intercollegiate Athletics and Sports Medicine Staff have fostered positive relationships with many medical providers in the Maryland and Washington, DC area who have consistently provided high quality service to the Morgan State University student-athletes. Members of the Morgan State University Sports Medicine Staff will refer student-athletes to these providers, unless extenuating circumstances necessitate a different provider. Student-athletes with HMO policies are strongly encouraged to have a local primary care physician (PCP), so that

timely care can be given.

All student-athletes must be seen and evaluated by a Morgan State University certified athletic trainer before a referral to a physician will be made. A member of the Morgan State University Sports Medicine Unit must authorize and properly refer all student athletes to see a physician or medical consultant, and/or for diagnostic tests. If a student-athlete decides to see a physician/medical consultant, and/or undergo a diagnostic test WITHOUT prior authorization/referral from a member of the Morgan State University Sports Medicine Unit, the student-athlete and/or the student athlete's parent(s)/guardian(s) will be financially responsible for and all medical bills incurred.

### **REFERRAL/CONSULTATION FORM PROCEDURES**

A Referral/Consultation Form (triplicate) must be filled out in its entirety and signed by the student-athlete and a member of the Morgan State University Sports Medicine Staff whenever a student-athlete is sent to a Morgan State University Team Physician's office, is seen by the consultant physician, is sent to the Morgan State University Health Services, is referred for a diagnostic test, physical therapy, surgery, prescription, etc.

### **INSURANCE CLAIM FORM PROCEDURES**

- An insurance claim form must be filled out when a student-athlete suffers any "sports-related" injury/illness that:

- o Is seen by a physician (in the physician's office or in the athletic training room);

- o Is referred for x-rays and/or other diagnostic testing;

- o Necessitates the consignment of a brace, splint, etc. from Donjoy, Breg, Inc, etc;

- o Is a mild traumatic brain injury/concussion, or dislocation, regardless of whether or not the student-athlete is seen by a physician or undergoes diagnostic tests;

- o Requires the student-athlete to miss one (1) game or (3) consecutive practices; and/or

- o Athletic trainer is suspicious that the student-athlete will need further treatment in the future (e.g. low back pain, shoulder pain in thrower, shin splints, etc.)

- Insurance claim forms must be filled out by the insurance coordinator or one of the Head Athletic Trainers.

- Insurance claim forms must be signed by Head Athletic Trainer(s) or the Assistant AD for Sports Medicine

- It is necessary to obtain signatures from the student-athlete and/or his/her parent(s)/guardian(s).

- Completed insurance claim forms must be submitted to the insurance coordinator in order to allow proper submission.

### **PHYSICIAN APPOINTMENT AND DIAGNOSTIC TEST SCHEDULING AND PROCEDURES**

When scheduling student-athletes for doctor's appointments, diagnostic tests, etc, the following procedures are to be followed:

- a) Make sure that there is a completed insurance claim form filled out on the student athlete and his/her injury.
- b) Call the student-athlete's primary insurance company to secure authorization for the appointment **BEFORE MAKING THE APPOINTMENT** for the student-athlete.
- c) Fill out a Referral/Consultation form on the student-athlete, checking the appropriate box.
- d) Confirm with the student-athlete his/her class and practice schedule and a reliable phone number where he/she can be reached in case of changes, cancellations, etc
- e) Call the physician's office to make an appointment for the student-athlete. Identify yourself as a Morgan State University certified athletic trainer making an appointment for a Morgan State University student-athlete.
- f) Confirm the appointment time, transportation, and directions with the student-athlete. Make sure that the student-athlete understands the importance of being on-time for all appointments and the Morgan State University Sports Medicine Policy regarding charges associated with "missed" doctor's appointments.
- g) Attach the white copy of the Referral/Consultation form, the student-athlete's insurance information, and any other applicable information. Give this packet of information to the student-athlete, along with directions to the physician's office.
- h) Contact the student-athlete 24 hours before the appointment to remind him/her of the appointment

### **MEDICAL PROCEDURE AND SURGERY SCHEDULING**

When scheduling student-athletes for diagnostic tests, medical procedures, and/or surgery, the following procedures are to be followed:

- a) Obtain a Pre-Procedure Checklist to help guide you through the process.
- b) Make sure that there is a completed insurance claim form filled out on the student athlete and his/her injury.
- c) Communicate with the physician about the medical procedure and/or surgery
- d) Call the student-athlete's primary insurance company to secure authorization for the diagnostic test, medical procedure, and/or surgery. Make sure you document the date and time that you spoke with the insurance company, as well as the person's name that you spoke with and any other pertinent comments.
- e) Fill out a Referral/Consultation form on the student-athlete, checking the appropriate box.
- f) Confirm with the student-athlete his/her class schedule and a reliable phone number where he/she can be reached in case of changes, cancellations, etc.
- g) Call the appropriate office to schedule the procedure and any other applicable appointments for the student-athlete. Identify yourself as a Morgan State University certified athletic trainer making an appointment for a Morgan State University student-athlete. Confirm with the office the date, time and place of the procedure, along with what time the student-athlete must report, and any other special

instructions.

h) Attach the white copy of the Referral/Consultation form with the student-athlete's insurance information. Give this packet of information to the student-athlete, along with directions to make the procedure site.

i) Confirm the appointment time, transportation, and directions with the student-athlete. Make sure that the student-athlete understands the importance of being on time and strictly following any special instructions.

j) If the procedure is a surgical procedure-

a. 1-2 days before the surgery, review confirm the surgery time and transportation plans with the student-athlete

b. Review post-surgery directions, prescription pick-up, billing procedures, rehabilitation plans, etc with the student-athlete.

### **NON-COMPLIANCE TO THE RULES OF ATHLETIC TRAINING ROOM PROCEDURES**

If a student-athlete is non-compliant to the rules of the athletic training room, the actions that will take place are:

#### **3 Incident Procedures**

1. Warning – the student-athlete will be warned of the violation and a memo will be sent to the coach and the athletic director.

2. The student athlete is asked to leave the athletic training room. If the student-athlete is not compliant or combative, campus security will be called to escort the student athlete out of the athletic training room. At this point a meeting will be requested with the student-athlete, coach, athletic director, and any affiliated party in regard to continuing athletic training service to the student-athlete in the athletic training room.

3. With the desecration of the athletic director, the student-athlete's privilege of being served in the athletic training room will be discontinued. All treatment will be outsourced.

#### **DRUGS**

The NCAA randomly chooses student-athletes for drug tests. If the NCAA tests you for the banned drugs listed in the NCAA Manual Bylaw 31.2.3.1 and you test positive, you will be ineligible to participate in regular season and post season competition during the time period ending one calendar year after your positive drug test, and you will be charged with the loss of a minimum of one season of competition in all sports. If you miss a scheduled drug test the penalty is the same as testing positive. You will remain ineligible until you retest negative and your eligibility has been restored by the NCAA Eligibility Committee.

If you test positive for the use of any drug, other than a "street drug" as defined in Bylaw 31.2.3.1, after your eligibility has been restored, you will lose all remaining regular season and postseason eligibility in all sports. If you test positive for the use of a "street drug" after being restored to eligibility you will be charged with the loss of one additional

season of competition in all sports and also shall remain ineligible for regular-season and postseason competition at least through the next calendar year.

Student-athlete that are on physician prescribed medications should obtain a written prescription from their personal physician(s) for this/these medication(s). The necessary information needed includes the name of the medication, the dosage, how it should be taken, and why it is being taken. The information should be given to the Sports Medicine Staff. This information is necessary should you test positive during random drug testing.

Many medications are allowed within certain parameters, as long as they are verifiable (this is very important for asthmatics using inhalers).

#### **TOBACCO, ALCOHOL, & ILLICIT (“STREET”) DRUGS**

Morgan State University does not condone the use of tobacco products, including smoking and smokeless tobacco; the use of alcoholic beverages in any form; an/or the use of illicit “street” drugs in any form, including, but not limited to marijuana, cocaine, “crack”, LSD “ecstasy”, barbiturates, amphetamines, PCP, heroine, hashish, mushrooms, inhalants, etc. Please remember that **YOU WILL BE HELD SOLELY RESPONSIBLE FOR EACH AND EVERY SUBSTANCE THAT ENTERS YOUR BODY!**

Student-athletes should make themselves familiar with any and all policies and regulations set forth by Morgan State University, the Mid-Eastern Athletic Conference (MEAC), the NCAA, and the United States Olympic Committee (USOC) regarding the use of such products.

#### **ANABOLIC ANDROGENIC STEROIDS, ERGOGENIC AIDS, & NUTRITIONAL SUPPLEMENTS**

Morgan State University does not condone the use of anabolic/androgenic steroids, ergogenic aids, creatine powder, protein supplements, amino acids, etc. in any shape and/or form, unless prescribed by the Team Physician. The potential adverse and/or harmful effects of these substances have not been thoroughly studies, but serious adverse effects have been reported in some instances. Morgan State University, its agents, servants, trustees and employees will not be held liable for any detrimental and possibly permanent defects caused by past, present, and/or future use of anabolic/androgenic steroids, ergogenic aids, and/or nutritional supplements in any form.

#### **NCAA BANNED-DRUG CLASS 2023-24**

The NCAA list of banned-drug classes is subject to change by the NCAA Executive Committee. Contact NCAA education services or [www.ncaa.org/health-safety](http://www.ncaa.org/health-safety) for the current list. The term “related compounds” comprises substances that are included in the class by their pharmacological action and/or chemical structure. No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example.

Many nutritional/dietary supplements contain NCAA banned substances. In addition, the



U.S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore, purity and safety of nutritional dietary supplements cannot be guaranteed. Impure supplements may lead to a positive NCAA drug test. The use of supplements is at the student-athlete's own risk. Student-athletes should contact their institution's team physician or athletic trainer for further information

(a) Stimulants:

methylenedioxymethamphetamine

(b) Anabolic Agents: anabolic steroids

amiphenazole (MDMA, ecstasy) androstenediol methyltestosterone

amphetamine methylphenidate androstenedione nandrolone

bemigrade nikethamide boldenone norandrostenediol

benzphetamine octopamine clostebol norandrostenedione

bromantan pemoline dehydrochloromethyl- norethandrolone

caffeine (guarana) pentetrazol testosterone oxandrolone

chlorphentermine phendimetrazine dehydroepiandro- oxymesterone

cocaine phenmetrazine sterone (DHEA) oxymetholone

cropropamide phentermine dihydrotestosterone stanozolol

crothetamide phenylpropanolamine (ppa) (DHT) testosterone<sub>2</sub>

diethylpropion picrotoxine dromostanolone tetrahydrogestrinone

(THG)

dimethylamphetamine pipradol epitrenbolone trenbolone

doxapram prolintane fluoxymesterone and related compounds

ephedrine (ephedra, strychnine ma huang) gestrinone

synephrine (citrus aurantium,

ethamivan zhi shi, bitter orange)

mesterolone other anabolic agents

ethylamphetamine and related compounds. methandienone clenbuterol

fencamfamine

The following stimulants are not meclofenoxate banned:

Methamphetamine phenylephrine

Pseudoephedrine

(c) Substances Banned for Specific Sports:

Rifle:

alcohol pindolol, atenolol propranolol, metoprolol timolol, nadolol and related compounds

(d) Diuretics and other Urine Manipulators:

acetazolamide hydrochlorothiazide, bendroflumethiazide hydroflumethiazide,

benzhiiazide methyclothiazide, bumetanide metolazone, chlorothiazide polythiazide,

chlorthalidone probenecid, ethacrynic acid spironolactone (canrenone), finasteride

probenecid, flumethiazide triamterene, furosemide trichlormethiazide, and related

compounds, (e) Street Drugs: heroin tetrahydrocannabinol, marijuana<sup>3</sup> (THC)<sup>3</sup> (f)

Peptide Hormones and Analogues :

corticotrophin (ACTH), growth hormone (hGH, somatotrophin), human chorionic gonadotrophin (hCG), insulin like growth factor (IGF-1), luteinizing hormone (LH), (all the respective releasing factors of the abovementioned substances also are banned.) erythropoietin (EPO) sermorelin, darbepoetin

(g) Anti-Estrogens

anastrozole, clomiphene, tamoxifen, and related

compounds (h) Definitions of positive depends on the following:

1 for caffeine—if the concentration in urine exceeds 15 micrograms/ml.

2 for testosterone – an adverse analytical finding (positive result) based on any reliable analytical method (e.g., IRMS, GCMS, CIR) which shows that the testosterone is of exogenous origin, or if the ratio of the total concentration of testosterone to that of epitestosterone in the urine is greater than 6:1, unless there is evidence that this ratio is due to a physiological or pathological condition.

3 for marijuana and THC—if the concentration in the urine of THC metabolite exceeds 15 nanograms/ml.

31.2.3.4.1 Drugs and Procedures Subject

to Restrictions.

The use of the following drugs and/or procedures is subject to certain restrictions and may

or may not be permissible, depending on limitations expressed in these guidelines and/or quantities of these substances used: (Revised: 8/15/89)

(a) Blood Doping. The practice of blood doping (the intravenous injection of whole blood, packed red blood cells or blood substitutes) is prohibited, and any evidence confirming use will be cause for action consistent with that taken for a positive drug test. (Revised: 8/15/89, 5/4/92)

(b) Local Anesthetics. The Executive Committee will permit the limited use of local anesthetics under the following conditions:

(1) That procaine, xylocaine, carbocaine or any other local anesthetic may be used, but not cocaine; (Revised: 12/9/91, 5/6/93)

(2) That only local or topical injections can be used (i.e., intravenous injections are not permitted); and

(3) That use is medically justified only when permitting the athlete to continue the competition without potential risk to his or her health.

(c) Manipulation of Urine Samples. The Executive Committee bans the use of substances and methods that alter the integrity and/or validity of urine samples provided during NCAA drug testing. Examples of banned methods are catheterization, urine substitution and/or tampering or modification of renal excretion by the use of diuretics, probenecid, bromantan or related compounds, and epitestosterone administration. (Revised: 8/15/89, 6/17/92, 7/22/97)

(d) Beta 2 Agonists. The use of beta 2 agonists is permitted by inhalation only.

(Adopted: 8/13/93)

(e) Additional Analysis. Drug screening for select nonbanned substances may be conducted for nonpunitive purposes. (Revised: 8/15/89)

## **MORGAN STATE UNIVERSITY DRUG AND ALCOHOL POLICY**

Morgan State University, recognizing that drug and alcohol abuse presents a serious threat to individual health and community safety, strives to maintain a campus free from the illegal use and abuse of alcohol, and the use, possession or distribution of illegal drugs. Students are expected to comply with all federal, state and local laws, and university policies. Students who use, possess and/or sell illegal drugs, including the illegal use of alcohol, are considered in violation of Morgan State University's Code of Student Conduct and shall be subject to university discipline independent of any criminal or civil prosecution that may result from violations of state or federal laws. In addition to the university policy on substance abuse, all employees, including student employees, are subject to the Maryland Governor's Executive Order 01.01.1991.16 on the Drug-and-Alcohol-Free Workplace. The university reserves the right to conduct drug testing consistent with applicable federal and state laws. Students are strongly encouraged to help create a campus community free from the negative effects of substance use and alcohol abuse.

### **ATHLETICS DRUG INTERVENTION PROGRAM PHILOSOPHY**

Morgan State University seeks to maintain an environment that supports and encourages the pursuit of knowledge without interference from the effects of drug and alcohol abuse. The improper use of drugs has become a matter of deep concern within our society; many lives are damaged, and in some cases destroyed, by drug abuse. MSU is determined to help all students and employees avoid the hazards associated with drug abuse through its established policies on drug abuse that apply to all members of the academic community; however, this program is specifically designed for the members of our intercollegiate athletics teams. It is based on the premise that drug abuse is not conducive to the welfare of our student-athletes. Many drugs, when used in connection with athletic activities can pose serious risks to the health of the student-athlete and may endanger others in contact with the drug user. Symptoms of illness, temporary or permanent injury, and even death can be caused by such drug abuse. Use of certain drugs may temporarily improve some types of athletic performance and thereby create an unfair competitive advantage for the person using them. Such use of drugs violates the basic principles of sportsmanship.

Student-athletes often become highly publicized role models and their abuse of

drugs can negatively influence young people, as well as damage the reputation of the institution. Therefore, MSU does not condone the abuse of drugs while participating in intercollegiate athletics. To become and remain a participant, a person must comply with the terms of this program on drug abuse education, screening, and counseling. Furthermore, this policy is not to be construed as a contract between the institution and the student-athletes at Morgan State University, However, signed consent and notification forms shall be considered affirmation of the student athletes' agreement to the terms and conditioning contained in this policy. At any time, Morgan State University has the right to amend this policy which is separate and distinct from the NCAA Drug-Testing Program.

\*Copy of Policy to be given

## **MORGAN STATE STRENGTH & CONDITIONING**

### **Weight Room Policies and Procedures**

Usage of the Morgan State Weight Room is a privilege, not a right. The following may use the Morgan State Weight Room:

- Current Morgan State athletes if supervised by a strength coach or athletic trainer.
- Current coaches of intercollegiate teams at Morgan State (to be used during non-team training times and not while athletes are engaged in voluntary training).
- Current Morgan State athletic department employees.
- Strength and conditioning staff and athletic training staff.
- Morgan State athletes who have completed eligibility but are still under athletic aid.
- Former Morgan State student athletes from the fall semester for use during spring semester (not having graduated).
- Former Morgan State student athletes under a professional contract with a major professional sports league/organization.
- Outside use of the Morgan State Weight Room is restricted to trainees permitted access at the discretion of the strength & conditioning staff.
- Assumption of Risk, Waiver, and Release Form must be read and signed prior to use, and Weight Room Policies and Procedures must be followed at all times.
- Coaches, staff, and ex-athletes may only use the weight room during down times and must stay out of the way of teams that have scheduled training sessions.
- Unsupervised lifting is not allowed.
- All athletes must be cleared by sports medicine staff (physicals) and compliance staff prior to workouts.

- Each athlete is expected to complete the full workout, from start to finish (in order), and fill out their workout cards. Workout cards and pencils are to be put away properly. If an athlete cannot perform a certain exercise due to medical reason, the coach will issue a suitable alternative. Our philosophy on injuries preventing certain exercises from being performed is in the form of substitution, not elimination.
- Athletes in need of medical treatment will report to training room after their workouts are performed, not during. Weight room times are not treatment times. There is no reason not to perform at least part of the workout unless otherwise directed by the strength coach and athletic trainer
- If you are unable to attend a training session, you must call and speak with your strength coach in order to be excused. Failure to do so will result in disciplinary actions against you, and possibly your teammates. Any missed workouts are to be re-scheduled with your strength coach.
- Strength coaches and custodians are not here to pick up after you. Each athlete is responsible for cleaning up after themselves and returning equipment to its proper place (this includes bands, vests, benches, weights, bars, attachments, ladders, towels, water bottles, etc)
- No gloves, rings or loose fitting jewelry are allowed.

**Proper training attire must be worn at all times, this includes the following:**

- T shirt (must cover entire torso area)
- Shorts or sweats (must be worn properly)
- Shoes, tied (no sandals, or open toed shoes)
- Preferably Morgan State issued training gear. If not school colors only (blue, orange, black, white, grey).
- No other school logos allowed. **Safety, Health, and Etiquette**
- Never interfere with a person who is lifting.
- Keep the facility clean. No food, glass bottles, etc. are permitted.
- No electronics (iPods, MP3 players, cell phones, computers, etc.) allowed in the weight room.
- Athletes should utilize spotters when necessary for structural exercises (bench press work sets and squats as designated by the strength and conditioning staff).
- Athletes should immediately report any facility-related injury, or facility or equipment irregularity to one of the members of the strength staff.
- Athletes should minimize chalk and powder on the floor.
- Athletes are required to use collars on the end of the bar.
- Pick up equipment immediately after using it, not after the workout is completed.

**General Guidelines**

- Teams will remain in the hallway until their scheduled lift time.

- Do not sit down in the weight room.
- Only enter the storage area and office if approved by a strength staff member.
- Never remove equipment from the weight room, unless approved by a staff member.
- Consider your training sessions as an extension of practice. All team rules, regulations, and guidelines are still followed in the weight room.
- Prior to participation, all athletes must attend an orientation on the proper execution of various exercises and the consequences if proper technique is not employed.
- Bumper plates are required on the platforms for Olympic-oriented exercises.
- Athletes should move weights from the racks to the bar only. Never set plates on the floor or lean them against equipment or walls. Athletes should return dumbbells to the rack in the proper order. Athletes should not drop or throw weights or dumbbells.
- The strength staff has authority over all weight room conduct and use of equipment, and may expel an athlete from the facility for failure to follow instructions.
- Don't sit around during workouts and don't leave until you are excused (signed out).

## **ATHLETICS COMMUNICATIONS**

The Office of Athletics Communications is located in the Department of Intercollegiate Athletics, Hill Field House Room 123. The phone number is 443-885-3831. Its primary function is to publicize and promote Morgan's 16 varsity sports. Another purpose is to assist you, the student-athlete in working with the media.

The office is equipped to "coach" student-athletes with interviews by newspaper writers or radio and television announcers. Let us help you make these opportunities successful and rewarding. Contact Athletics Communications with any questions or problems dealing with the media. Student-athletes may be asked during their athletic seasons to speak with the media or community groups. The office also edits the athletics website ([morganstatebears.com](http://morganstatebears.com)), all press releases and story ideas for the MSU varsity sports, as well as keeping statistics, maintaining records and helping coordinate the department's publicity functions.

### **MEDIA RELATIONS**

Part of your athletics experience here at Morgan State University deals with the media. The media are those newspaper, radio and television people that will be covering the "Bears".

What we hope to accomplish, besides you getting an education and developing as a Division I athlete, is for you to learn how to deal with the media. As is the case in other professions and walks of life there are good and bad relations. We will try to help you in your relationship with the media.

With that thought in mind, the Athletic Communications Office will set up all interviews. This means that should a newspaper reporter wish to talk with you about a feature story or an upcoming ball game, they should contact the Athletics Communications Office. The Athletics Communications Director will then work with you in coming up with a mutually agreeable time and place for you to visit with the reporter. The same is true for a radio or television interview. **DO NOT GRANT AN INTERVIEW UNLESS SOMEONE FROM THE ATHLETICS COMMUNICATIONS OFFICE CLEARS IT WITH YOU.**

We will not give your dorm or home phone number to anyone. However, they will find ways to get that number and if they should call you just inform them in a polite way that you are not allowed to talk unless they have gone through the proper channels, that being the Athletics Communications Office.

When you do the interview it will be your own words and thoughts, not ours. But remember, you are not only representing yourself, but Morgan State University, the Athletics Department, the team and your teammates. Think about the questions and your answers.

Also, remember that once you agree to an interview, you are required to be there. If something comes up let us know and we will let the interviewer know. If you are supposed to be at a certain place at a certain time, do just that. Once again, we hope you are able to learn from these interactions and grow as a person, as well as a student and athlete.