1. You need to compete honestly and with sportsmanship at all times.

2. If you engage in any unethical conduct or refuse to furnish information in regards to a possible NCAA violation- you can be rendered ineligible.

3. You cannot provide information to anyone involved in gambling activities concerning athletics and you cannot bet or accept a bet on any intercollegiate game or program.

4. You cannot evade or shown dishonesty in regards to any NCAA regulation.

5. You need to be an amateur in order to compete
   -You cannot take any pay or promise of pay for competing in your sport.
   -You cannot agree orally or in writing to compete on a professional team nor compete on one.
   -You cannot use your skills for pay.

6. You cannot accept money, transportation or benefits from an agent or have one market your athletics ability.

7. You cannot accept pay for promoting a commercial product or service and you name/picture cannot be used to promote one.

8. If you did not enroll in college immediately after graduation-speak with the Compliance Officer.

9. You have 10-fulltime semesters to participate on a team.

10. You use one of your 4 years of participation when you remain on the team after the first official game/contest for that program.

11. Vassar is an NCAA Division III institution-there are no athletics scholarships nor can you be afforded any financial aid based on your athletics ability. You need to report any financial aid from any other source to Vassar.
    -You can accept money from anyone you are naturally or legally dependent upon
    -Financial aid that is awarded to you on a basis other than athletic.

12. You must be enrolled in a minimum full-time program.
    -Here at Vassar :3.5 units. (There are exceptions-check with the Compliance Officer).

13. Transfer students need to see the Compliance Officer directly to ensure all
paperwork is completed and you meet transfer regulations. If you wish to transfer to another institution, the NCAA Division III self release is on the website, for any Division I or II institution, please contact the Compliance Officer.

14. You may not compete on an outside team during the declared playing and practice season of your respective sport. (See the Compliance Officer for exceptions as an individual). All JYA student-athletes should check with their coaches and the Compliance Officer prior to leaving to affirm rules and regulations pertaining to them specifically.

15. Your coach may not work out with you nor be in your facility while you are playing your sport outside of the team’s declared playing and practice season.

16. During the declared tradition season- you must have one day off each seven-day period. (The team may travel on a day off without violating this rule).

17. During the non-traditional season teams are allowed 16 practice dates one, which could be a game/contest. There can be no more than 4 practices in anyone week.

18. Work-Study: Although Athletics & PE has many job openings for employment, please know that you must apply for any and all positions through student-employment. YOU MAY NOT WORK DIRECTLY FOR YOUR HEAD COACH regardless of the job requirements.