A recent study at the University of Michigan showed that one-third of students experienced mental health issues, while 63% of student-athletes reported mental or emotional health issues affected their on-field performance. If you believe you or a friend need help, please reach out to a trusted family member, coach, or administrator. Mental health problems are NOT trivial or a sign of weakness.

**Signs of Mental Health Issues Can Include:**

- Social Withdrawal
- Change in appetite/weight loss
- Fatigue
- Decrease in sport or academic performance
- Negative self-talk
- Mood Swings

**What To Do If You Suspect A Friend Has a Problem:**

- Approach the Individual Privately
- Be a Good Listener
- Provide Resources

For more information contact:

**Counseling and Psychological Services**
capsindy@iupui.edu (on-campus)
Walker Plaza, Suite 220
719 Indiana Avenue

ncaa.org/health-safety

Nations Suicide Prevention Lifeline:
1-800-273-8255
**PLAYING SEASON:**

Student-athletes are only allowed to participate in athletically related activities a total of 20 hours per week and a maximum of 4 hours per day during the in-season. Keep in mind that the “in-season” includes part of the non-championship segment in dual semester sports. Summer preseason activities and school holidays are often exceptions to these limitations. Countable activity includes meetings with an athletics purpose, on-field/court activity, and NIFS. One day off per week is required, but this could be a travel day if no other countable activity occurs. Student-athletes are regularly asked to verify playing season (ARA) logs.

**OUT OF SEASON:**

Participation in required weight training, conditioning, and skill-related instruction are limited to a maximum of 8 hours per week and not more than 2 hours per week on skill-related workouts. Two off days per week are required.

**What Doesn’t Count?**

- Rehab and Athletic Training Treatment
- Study Tables
- Administrative Meetings
- Recruiting and fundraising activities
- Voluntary activity (no coaches are present, initiated by the student, no attendance reported to coaches, no rewards/punishment)
- SAAC meetings and Life Skills events
- Meetings with your coach, provided you initiated the meeting and no countable activity occurs.
- Travel time (provided no countable activity occurs)

**DYK:** Coaches cannot require student-athletes to participate in countable activity between 12 and 5 AM, or after a contest?*

*Practice in between games in a double header and between events in a multi-event contest is appropriate, as is finishing competition after midnight.
Anytime something of risk is put at risk in exchange for the possibility of winning a reward, gambling has occurred. If you’re betting on sports—even fantasy sports—that is sports wagering. Even casual bets with your friends can violate sports wagering legislation... a fast track to losing eligibility in all sports.

This includes Fan Duel, Draft Kings, and other popular services!

**NCAA BYLAW 10.3:**
All individuals affiliated with NCAA sports are prohibited from participating in any sport wagering activities, including betting on any sport sponsored by the NCAA at any level. This includes the Olympics, amateur sporting events, the pros.

**FANTASY TEAMS:**
Participation in paid fantasy leagues is **NOT** permitted by NCAA rules. Student-athletes found to be gambling on fantasy sports will automatically lose 1 year of eligibility.

**PENTALTIES FOR SPORTS WAGERING:**
- A student-athlete who participates in any sports wagering activity through the internet, a bookmaker, or a parlay card shall be ineligible for all regular-season and postseason competition for a minimum period of **one year** from the date of the institutions determination that a violation occurred. He/she shall be charged with the loss of a minimum of one season of eligibility.

- Points shaving, or activities designed to influence outcomes or win/loss margins shall result in permanent loss of intercollegiate eligibility.

- **Betting on IUPUI (even in a different sport) shall result in permanent loss of intercollegiate eligibility.**
ASK BEFORE YOU ACT!!!!

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