PERMISSIBLE

- On/off court weight training & conditioning activities with strength & conditioning staff on VOLUNTARY basis (strength coach is present only to supervise such activities for safety purposes (i.e., the individual does not conduct the workout)). Under such circumstances, the weight training and conditioning activities do not have to be confined solely to the institution's weight facilities.
- Use the institution's team locker room facilities provided the student-athlete does not take part in any practice activities.
- Participate in pick-up basketball games open only to basketball student-athletes both in and out of season, provided the activities are not supervised by any coach and do not involve arrangements that would be defined as "practice".
- Attend a booster function, provided the student-athlete pays their own travel and meal expenses, and the function does not meet the definition of practice activities.
- Participate in the institution's intramural program (provided the intramural team is not coached by a member of the institution's athletics department staff).
- Attend administrative activities (e.g., academic meetings, compliance meetings).
- Participate in team meetings with members of an institution's coaching staff, provided the meetings with the coaches are discussions on nonathletics matters (e.g., drug education, academic support services, information about housing and meals).
- Receive one complimentary admission for all regular-season home athletics contests.
- Promotional activity provided the activity does not involve a countable athletically related activity.
- Promotional materials, inclusion of photos in media guide, game programs, brochures, etc.
- Academic/tutoring services.
- Drug rehabilitation expenses.
- Occasional home meal.
- Rehabilitation expenses (postsurgical) for injury unrelated to athletics participation.
- Surgical expenses for injury during voluntary workout.
- Training-room facilities (in conjunction with weight-training program).
- Insurance, athletics medical.

IMPERMISSIBLE

- Attend practice/participate in any countable athletically related activity (activity with an athletics purpose).
- Attend athletic-related meetings.
- Sit on bench with team during competition.
- Participate in competition.
- Receive competition/travel-related expenses.
- Be involved in videotaping a member institution's home athletics contest at the direction of the institution's department of athletics.
- Participate as a statistician for a member institution's home athletics contest at the direction of the institution's department of athletics.
- Guard an entrance during practice activities.
- Receive complimentary admission to an away contest. Tickets must be purchased in the same manner they are sold to the general public.
- Serve as a student host.
- Serve as a team manager.
- Training table meals (unless student-athlete pays full cost).
- Banquets – expenses/meals.
- Promotional activity that involves countable athletically related activities (e.g., midnight madness).