

- Prohibited Activities
- Student Athlete Responsibilities
- Penalties for Violations
- Pop Quiz
- Time Management Methods

Sports Wagering: “DON’T BET ON IT”

Student Athletes are Prohibited from:

- Betting on sports. If you put something at risk (money, meals, etc.) in exchange for the opportunity to get a reward (prize, etc.), and the bet involves an NCAA sponsored sport, there is a violation.
 - Examples: March Madness brackets, fantasy leagues, friendly wagers, parlay cards, online gaming, etc.
 - Includes ANY sport sponsored by the NCAA at any level– amateur, professional, or recreational.
 - Sports wagering is illegal in Indiana.
 - Bets that do not have any entry fee (free March Madness pools, Free fantasy leagues, etc.) and bets that do not involve NCAA sponsored sports (horse racing, etc.) are highly *discouraged*, but permissible.
- Providing information to someone betting on sports. This includes injury reports and team morale. Keep it in the family!

Student Athletes are Responsible for:

- Reporting offers of gifts, money or favors in exchange for supplying team information or for attempting to alter the outcome of any contest ;
- Having a clear understanding of actions that constitute sports wagering; AND
- Reporting ANY suspected infractions

Penalties for Violations by Student Athletes:

- Activities designed to influence outcomes or win/loss margins shall result in permanent loss of intercollegiate eligibility.
- Accepting or soliciting bets on their own institution (even in a different sport) shall result in permanent loss of intercollegiate eligibility.
- Any other type of sport wagering through organized gambling shall result in a loss of intercollegiate eligibility for at least one calendar year. This includes friendly wagers at practice or while playing another NCAA sponsored sport.

Did You Know?

- 59% of male student-athletes and 49% of female student-athletes think people can make a lot of money consistently betting on sports?
 - Truth: Even professional gamblers only win about 57% of the time. The vast majority of people lose money gambling.
- Anyone associated with college sports– even Chancellor Bantz– is prohibited from sports wagering.

Pop Quiz

1. My friend bet me \$50 that another college team will not win their next game (the bet does not involve your team in any way). Should I take the bet?
 - A. Sure. It's ok since it doesn't have anything to do with my team.
 - B. Nope. Student Athletes aren't allowed to bet on any intercollegiate competition.
2. I've been offered \$5,000 to win my next game, but not by more than 20 points. Which of the following should I do?
 - A. I can accept the money since it is not a bet.
 - B. I must report the offer immediately to my coach or the compliance office.
 - C. Nothing. So long as I do not accept the offer, I have no obligations.
3. I am on the Men's Golf team and a friend asks me for information about the Women's Soccer team. I know he often bets on sports. I am able to tell him what he asks for because I am not on the team. True or False?
 - A. True
 - B. False
4. If my institution fails to inform me about the NCAA's policies on gambling and I accidentally violate the policies I will still be penalized. True or False?
 - A. True
 - B. False
5. I am a Women's Tennis player and my friends invite me to join in on a March Madness bracket contest with a prize of a t-shirt. There is an entry fee associated with participating. Can I join?
 - A. No, this still constitutes sports wagering and is prohibited by the NCAA.
 - B. I can join. I'll let my dog Rex pick the winners.
6. I think that my teammates might have played poorly in the last game on purpose to win a bet. I'm not 100% sure though. What should I do?
 - A. Report it to the compliance office. Better safe than sorry.
 - B. I shouldn't report them. After all I could be wrong.
7. It's the day before the big game and a teammate's brother offers to buy me a brand new car if I can make sure that my teams wins and wins by a lot. I'm thinking about accepting the offer. After all what's the worst thing that could happen if I get caught?
 - A. Loss of eligibility for the remainder of the year.
 - B. Temporary suspension that will vary from case to case.
 - C. Permanent loss of all intercollegiate eligibility.
8. A student-athlete is considering participating in a survivor pool for an upcoming competition in a sport the student-athlete does not participate in. The entry fee is only \$1 and the prize is a month of free pizza from Papa John's. Can the student-athlete participate in the survivor pool?
 - A. Yes, the prize isn't for money and the entry is low enough that it does not violate the NCAA's policies.
 - B. No, there is an entry fee and the NCAA doesn't allow betting even when it's not for money.

The Importance of Time Management

Your job is to be a student-athlete. Practice, class, film, weights, eat, study hall...Wait. How am I supposed to check Twitter, read for class, do my laundry, call my mom, and play Xbox? Treat your responsibilities as if they were your full-time job, because they are. Always, remember that the “student” in “student-athlete” is first for a reason.

Get organized. First, when it comes to school work, know what is expected and when it's due; keep a calendar noting critical due dates for assigned home work. Jot down practice and game schedules as well so you'll know ahead of time when you'll be busy and can communicate effectively with professors. A daily scheduling calendar with the days broken down into one-hour increments is a great tool for organizing your day and keeping track of what lies ahead.

Be proactive. Prioritize school assignments based on due dates and the time needed to complete the work. Examine your calendar for free time and make notes in the open time slots detailing which assignment you'll use that time to work on. Determine beforehand any resources you'll need to complete your work and make arrangements ahead of time to ensure you are prepared. Most importantly, keep your commitment to yourself and spend the allotted time working on the project you promised yourself you'd be doing.

Learn to communicate. Despite your best efforts there might be times when you get behind. If you see problems on the horizon, this is the time to talk to your teachers, academic counselor, parents, and coaches about how to address it. More often than not, teachers will work with you if you tell them ahead of time that you've got conflicts that might prevent you from completing an assignment on time. If you wait until the last minute, few professors or advisors will cut you slack.

Make the most of failure. Resist the temptation to give up. Make a realistic assessment of where you went wrong: Did you spend enough time studying? Did you ask questions in class? Did you visit the professor during office hours for extra help? Then take the steps necessary to correct the problem right away.

Value Plan B. Every college student has dreams. For athletes, those dreams usually include competing professionally. That's Plan A, and there's nothing wrong with it. The reality, however, is that fewer than 5 percent of all college athletes compete professionally after graduation. This means that you need to make a Plan B for what happens if your athletic career ends after college-level competition. This does not mean you must drop athletic pursuits altogether; it just means you should pay enough attention to the student part of your student athlete status to be ready for whatever opportunities life presents you after college.

**Adapted from The Protein People, 2011 & Heather Ryan, Director of Athletic Support at Duke University*

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ASK BEFORE YOU ACT!!!!

Quiz Answers

1. B. Student-athletes are not allowed to accept or solicit a bet on any intercollegiate competition for any item of tangible value.
2. B. A student-athlete must report any offer of money in exchange for attempting to alter the outcome of any contest to the coaching staff or the compliance office.
3. B. False. Student-athletes are not allowed to provide information to any individual involved in organized gambling activities concerning intercollegiate competition.
4. A. True. It is the responsibility of the student-athlete to understand what actions constitute prohibited activity and that such activities will result in disciplinary action by the NCAA. This is in addition to any local, state, and/or federal prosecution of the involved individual(s). **Ask Before You Act!**
5. A. Student-athletes are prohibited from participating in any gambling activity involving intercollegiate athletics.
6. A. Student-athletes are responsible for reporting any infractions regarding NCAA rules pertaining to sports wagering. This includes reporting any suspected infractions.
7. C. Permanent loss of intercollegiate eligibility is the penalty under NCAA rules for any activity designed to influence the outcome (or the win/loss margins) of a game.
8. B. Student-athletes are not permitted to participate in any gambling activity with an entry fee or for an item of tangible value. Items of tangible values include cash, clothing, food, etc.