INSTITUTE

ATHLETIC REGULATIONS

Part V

October 2004



VIRGINIA MILITARY INSTITUTE

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VIRGINIA MILITARY INSTITUTE ATHLETIC REGULATIONS

<u>INSTITUTION MISSION STATEMENT</u> - The Virginia Military Institute believes that the measure of a college lies in the quality and performance of its graduates and their contributions to society. Therefore, it is the mission of the Virginia Military Institute to produce educated, honorable men and women, prepared for the varied work of civil life, imbued with love of learning, confident in the functions and attitudes of leadership, possessing a high sense of public service, advocates of the American Democracy and free enterprise system, and ready as citizensoldiers to defend their country in time of national peril. To accomplish this result, the Virginia Military Institute shall provide to qualified young men and women undergraduate education of the highest quality-embracing engineering, science, and the arts--conducted in, and facilitated by, the unique VMI system of military discipline.

<u>ATHLETIC DEPARTMENT MISSION STATEMENT</u> - The mission of the Virginia Military Institute's Athletic Department is to maintain an intercollegiate athletic program of the highest possible quality, keeping with the excellence of its academic and military programs, and dedicated to providing fair and equitable treatment of both men and women.

<u>ATHLETIC DEPARTMENT GOALS</u> - The Virginia Military Institute's Athletic Department will field teams that will be competitive with conference and state rivals, capture as many conference championships as possible, and bring credit to the Institute and its Corps of Cadets.

Since cadet participation in intercollegiate athletics is an integral part of the Institute's educational and developmental program, the athletic department is committed to recruiting a diverse group of student-athletes who will be contributing members of the Corps, will have academic abilities consistent with meeting the demands of a VMI education, will have physical skills consistent with being successful at the NCAA Division One level, will be proud to represent the Corps on the playing fields, will be motivated with the Corps to building winning teams within the Spirit of VMI, and will have the determination to stay the course and graduate.

The athletic department is dedicated to providing the best athletic facilities through new construction and the renovation of old facilities, providing scholarship grants-in-aid within the financial capabilities of the Keydet Club, and maintaining a sound financial position while supporting each sport with the necessary operating funds.

<u>Director Of Intercollegiate Athletics</u> - The Director of Athletics is appointed by the Superintendent and serves as Head of the Department of Intercollegiate Athletics, an auxiliary enterprise subject to State financial controls. He directs the intercollegiate athletic program of the Institute and is responsible to the Superintendent.

<u>VMI Athletic Council</u> - The Athletic Council is an advisory body to the Superintendent. Its central purpose is to recommend policy in matters pertaining to VMI intercollegiate programs. The Athletic Council is composed of the following voting and non-voting members:

Chairman - a member of the faculty (voting member) who serves as Faculty Athletic Representative

Commandant of the Cadets (voting member)

Physical Education Department Representative (voting member)

Two cadets (voting members)

Two Alumni Association Representatives (voting members)

Three members of the faculty (voting members)

Director of Intercollegiate Athletics (non-voting member)

Director of Cadet Affairs (voting member)

Keydet Club Representative (non-voting member)

VMI Foundation Representative (non-voting member)

- a.) The chairman is appointed by and serves at the pleasure of the Superintendent; other faculty members, nominated by the Dean of Faculty, serve a three-year term, once renewable, on a staggered basis, with two terms being the limit of service..
- b.) The alumni representatives are appointed by the Superintendent after being recommended to him by the President of the Alumni Association and serve for three years. They may be reappointed for a second term upon recommendation of the President of the Alumni Association, with two terms being the limit of service.
- c.) The two cadet representatives will include one first classman who is the Regimental S-6, and one second classman chosen by the Regimental S-6.
- d.) Athletic Council functions: In rendering policy advice to the Superintendent, The Athletic Council will do the following tasks:

ATHLETIC COUNCIL FUNCTIONS:

- 1. Review the budget of the Office of the Director of Intercollegiate Athletics (ODIA).
- 2. Evaluate special fund-raising proposals of the DIA.
- 3. Reviews audits and fiscal reports of the ODIA by internal and external agencies.
- 4. Review proposed schedules for revenue sports. (FB; BKB).
- 5. Evaluate proposed goals and objectives of the intercollegiate athletic programs.
- 6. Provide guidance as to the number of intercollegiate athletic programs, priority of sports programs, level of participation and appropriate conversions of club sports to varsity sports and vice versa.
- 7. Monitor institutional procedures for compliance within NCAA and conference regulations.
- 8. Review major pending NCAA and Conference legislative proposals and regulations.
- 9. Review VMI Athletic Regulations and recommended changes.
- 10. Review academic/leadership performance standards of VMI athletics.
- 11. Reviews with DIA, and counsels on proposals for admission prices for all athletic events.
- 12. Monitors the progress made on implementing recommendations contained in self studies or reports, e.g., as specified by the Superintendent or as a result of the NCAA certification process.
- 13. Forums for discussion.
- 14. Assists student-athletes with their applications for conference and NCAA postgraduate scholarships.
- 15. Participate in the selection of cadets for end-of-year athletic awards.
- 16. A subcommittee, selected by the Chair, reviews nominations and selects the recipient of the Distinguished Coaching Award.
- 17. Sounding board for DIA.

Eligibility. Eligibility for intercollegiate varsity participation will be in accordance with the VMI regulations, and The Constitution and By-Laws of the National Collegiate Athletic Association and the conference of chosen membership.

<u>Suspension of Eligibility.</u> The Superintendent, Athletic Director or Head Coach may suspend athletic eligibility for cause or misconduct. The Dean of the Faculty may suspend athletic eligibility when a cadet does not meet VMI academic standards for continued enrollment.

<u>Academic Absences.</u> The impact of current athletic schedules on academic absences will be reviewed each year by the DIA and the Dean. Guidelines for future scheduling, as schedules affect academic absences, will be developed and agreed upon. Disagreement, if any, will be brought to the attention of the Superintendent for resolution.

<u>Authorized Team Strengths, Competitions and Season.</u> Authorized team strengths, number of competitions and season for each varsity sport are approved by NCAA regulations and are contained in Appendices A through N.

Accountability.

- a. Attendance at team practice or competition is mandatory for cadets listed on the most recent permit roster.
- b. Team permits will be published the first day of each month and updated each week. For accountability purposes, the names of all cadets participating in the team activities will be on this monthly permit and special authorizations will be noted.
- c. Team permits will remain in effect for two days following the season's closing date to allow for maintenance and turn in of athletic equipment to the Equipment Manager unless approved by the Commandant of Cadets and the Director of Intercollegiate Athletics.
- d. Team captain or the cadet in charge will ensure accountability at practice and late supper formations, submit reports of absences to the Commandant's Office as necessary, and march the team to supper.
- e. The Commandant of Cadets is authorized to excuse a member of a varsity team from any duty or meal formation, except for class, for cogent reasons when requested by the head coach. Only the Superintendent, the Dean of the Faculty, or the Institute Physician can excuse a cadet from academic duty.
- f. Teams may be authorized to participate in early morning strength/fitness training when approved by the Dean, in coordination with the Commandant and the Athletic Director. However, no activities are authorized prior to 0600.

- g. All team members of **in-season** sports (see appendices A-N) are excused from duties as follows:
 - (1) Military Duty. All <u>in-season</u> team members are excused from military duty (drill and ceremonies) on weekdays and Saturdays. Team members not making the trip traveling squad for away contests will participate in all corps activities on Saturday.
 - (2) Guard Duty. <u>In-season</u> team members are excused from guard duty and duties as escorts or ushers during their <u>in-season</u>.
 - (3) <u>All-Duty.</u> Cadets are excused from all classes, military duty, and Corps formations. <u>All-duty</u> begins at the pre-game meal, 4 hours prior to time of game at home, and 60 minutes prior to departure for away events. When <u>All-duty</u> begins in the middle of a class period, individual cadetathletes will complete the class period prior to beginning <u>All-duty</u>.

 "<u>All-duty"</u> status will be submitted to Officer of the Day. Athletes will sign out on the computer prior to leaving.
 - (4) <u>Limited-Duty.</u> Cadets are required to attend all classes, but are authorized to have "Hay-Down", and do not have to form up for BRC. <u>Limited-duty</u> is authorized the day of an athletic event until <u>all-duty</u> status begins. <u>Limited-duty</u> may start prior to the day of event with permission of the Commandant.
- h. All team members of <u>out-of-season</u> sports (see appendices A-N) are excused from duties as follows:
 - Cadets will be excused from 1600 Military Duty Monday through Thursday. All athletes must attend Military Duty on Friday and Saturday.
- i. <u>Late-supper.</u> Team captains are responsible for ensuring that team members adhere to the proper uniform and to the late supper dining schedule. In season teams are authorized late supper every day of the week. Out of season teams are authorized late supper Sunday through Thursday but must form for SRC on Friday and Saturday with the Corps. If a cadet athlete has an evening class scheduled, the class has priority over late supper.

The Officer Representative to each team will monitor late supper team formations periodically to insure proper adherence to "march down" protocol.

Team members will be authorized to miss late-supper formation to receive treatment in the training room. Authorization may only be given by the Head Coach or full-time Athletic Trainers.

j. <u>Team travel.</u> A team travel list will be submitted to the commandant's office prior to departure. The Officer Representative or designee will inspect the team prior to departure to insure the team presents an orderly, professional appearance in the approved travel uniform.

Team safety is a priority at all times. The head coach and or coaching staff must insure that all members of the team travel together. Cadets who wish to travel other than with the team must have approval from the head coach and a permit approved by The Commandant.

Athletic Department personnel are authorized to drive on team trips. Cadets are not authorized to be primary drivers on team trips. However, in the event of extreme conditions, the coach may designate a cadet who is in the upper three classes at VMI, and is properly licensed by the state of Virginia and under no driving restrictions, to serve as a driver.

j. <u>Compensatory time for lost furlough.</u> The Commandant in cooperation with the DIA will review request by teams for lost furlough time due to in-season practice and competition.

Special Responsibilities.

- a. Officer Representative
 - (1) There shall be an Officer Representative for each intercollegiate sport.
 - (2) The Officer Representative will be a member of the VMI faculty and staff or ROTC active duty officer, recommended by the Athletic Director and approved by the Commandant.
 - (3) The duties of the Officer Representative will be to assist with the administration of that sport. This person will serve as a role model, counselor, and mentor to cadet athletes on the team.

b. Head Coach.

- (1) There shall be a head coach in each sport sponsored by the department and as many assistants as allowed by NCAA regulations within financial limitations.
- (2) The head coach is the leader, as well as the adviser, of his team. In his capacity he must exercise effectively all of the usual attributes of leadership. His leadership is best reflected in the attitude and morale of members of his team. Success on the playing field is greatly enhanced by maintenance of the traditional "Spirit of VMI" among members of the team and the
 - Corps of Cadets. In exercising leadership it is expected that coaches will imbue members of their teams with the facts that they are first, members of the Corps of Cadets and secondly, members of the team which represents the Corps. He must ensure that good sportsmanship is paramount.
- (3) In addition to the exercise of leadership the head coach will:
 - (a) Maintain a program for his sport which conforms with the policy set forth by NCAA rules and Conference regulations.
 - (b) Supervise recruiting of athletes for his team.
 - (c) Submit his budgetary and scholarship requirements to the Athletic Director at the appropriate times and ensure that his team operates within the authorized budgetary limits.
 - (d) Ensure proper conduct and appearance of his team and coaching staff at all times while they are under his jurisdiction.
 - (e) Develop leadership on the team through the use of team captains in assisting the coach with his duties.
 - (f) Maintain a program that will assure monitoring and oversight of the student athlete's grades in progress, maintenance of satisfactory GPA, and progress toward attainment of their degree.

c. Team Captain.

- (1) The team captain will be elected from members of the team who have earned varsity letters. Exceptions will be allowed based on the head coaches discretion, with the Athletic Director's approval.
- (2) The team captain(s) regardless of cadet rank, is given seniority over all respective squad members for all actions pertinent to the team.
- (3) The team captain is responsible to the head coach in representing his team in matters dealing with administrative authorities and providing liaison between the coach and the team. The team captain will assist the coach in maintaining high morale, good sportsmanship, proper discipline and gentlemanly conduct among members of his team.
- (4) The team captain is responsible to the head coach and the Commandant for compliance by members of the team with Institute regulations governing uniform and proper conduct during trips and contests.
- (5) Team captains are responsible for the accountability and decorum of team members in the mess hall.

d. Team Members.

- Team members departing VMI on trips will sign out and wear the authorized travel uniform. Authorized uniforms are approved by the DIA and Commandant.
- 2. Teams on athletic permits may be excused from academic duty when returning late on the following schedule. Teams returning to the Institute before 2400 hours will not be excused from any duty; Teams returning between 2400-0200 hours will have all duty until 1000 hours, and any returning after 0200 hours will have all duty until 1200 noon. Exceptions must be approved by the Director of Athletics and Dean of the Faculty.

- e. Team Managers.
 - (1) The head manager and assistant managers will be selected by the head coach. Selection of all managers will be submitted to the DIA for approval and concurrence of the Commandant.

Athletic Awards.

- a. Monograms will reflect significant contributions to the respective teams and are awarded to individual team members, cadet managers, and trainers approved by the Athletic Director based on recommendations of the head coach.
- b. The initial award to an individual cadet is to be the official VMI monogram furnished on the official white sweater by the ODIA. A certificate is furnished with an additional small monogram to be worn on the duty jacket. Fourth classmen should be authorized to wear the monogram when issued. Subsequent awards to monogram holders are certificates which indicate that the recipients have earned additional monograms.
- c. Eligibility for monogram awards is determined as follows:
 - (1) <u>Team members.</u> The specific requirements are based on discretion of coach.
 - (2) <u>Managers</u>. Managers in each sport are eligible for monograms at the discretion of the head coach, and with the approval of the DIA.
 - (3) <u>Trainers.</u> Cadet trainers are eligible for monograms at the discretion of the head trainer, and with the approval of the DIA.
- d. Special awards.

The Intercollegiate Athletic Awards (2). Silver bowls awarded for all-round excellence in intercollegiate athletics

The Frank Summers Team Leadership Award. Plaque awarded to the outstanding team leader

The Almond Award. Silver tray awarded to member of the graduating class who has made an outstanding contribution to intercollegiate athletics while distinguishing himself/herself through academic achievements and soldierly bearing and aptitude

The Henry Fairfax Ayres Medal. Medal awarded to the most valuable football player in the first class

The Henry Johnson Award. Jefferson Cup & \$200 to the outstanding team manager

The Harden Massie Track Award. Silver tray to the track & field athlete best exemplifying the spirit of VMI.

- e. Appropriate awards (monogram clock) approved by the Athletic Council, to reward athletes who have earned three or four monograms in a single sport or trainers who have earned three monograms (designated three-year and four-year award, respectively) may be awarded after their final year of eligibility.
- f. Special awards may be authorized by the Athletic Council.
- g. Team banquets. Banquets will be the responsibility of the individual team's budget. In the event of a conference championship the ODIA may choose to make special awards.
- h. Selection Procedure for the Distinguished Coaching Award: Nominations will be screened by a subcommittee of the Athletic Council selected by the Chair of the Athletic Council. The subcommittee will usually include the Chair of Athletic Council, The Commandant, The Athletic Director, and at least one other member of the Athletic Council. The subcommittee will select the recipient of the award and its formal presentation will be made at the Institute Awards Convocation.

TEAM	TEAM LENGTH OF IN SEASON - IN SEASON-		OUT OF SEASON	
	SEASON	FALL	SPRING	AUTHORIZATION
Baseball	132 Days	Coaches Discretion	Coaches Discretion	First Day of Class
	(Two Segments)	Per NCAA By-Law	Per NCAA By-Law	
Basketball	Pre-Season -	Saturday Closest to	Through End of	First Day of Class
	End of Season	October 15 - End of	Last Contest	
	(One Segment)	Last Contest		
Cross Country (M) (W)	144 Days	Start of Class - End	N/A	21 Practice Opportunities
	(Two Segments)	of Last Contest		Before 1st Competition
Football	Pre-Season -	Start of Class - End	15 Days at Coaches	29 Practice Opportunities
	End of Season	of Last Contest	Discretion	Before 1st Competition
	(One Segment)		Per NCAA By-Law	
Lacrosse	132 Days	Coaches Discretion	Coaches Discretion	First Day
	(Two Segments)	Per NCAA By-Law	Per NCAA By-Law	of Class
Rifle	144 Days	Coaches Discretion	Coaches Discretion	First Day
	(Two Segments)	Per NCAA By-Law	Per NCAA By-Law	of Class
Soccer (M) (W)	132 Days	Start of Class - End	Coaches Discretion	21 Practice Opportunities
	(Two Segments)	of Last Contest	Per NCAA By-Law	Before 1st Competition
Swimming	144 Days	Coaches Discretion	Coaches Discretion	First Day
	(Two Segments)	Per NCAA By-Law	Per NCAA By-Law	of Class
Track (M) (W)	156 Days	Coaches Discretion	Coaches Discretion	First Day
	(Two Segments)	Per NCAA By-Law	Per NCAA By-Law	of Class
Wrestling	144 Days	Coaches Discretion	Coaches Discretion	First Day
	(Two Segments)	Per NCAA By-Law	Per NCAA By-Law	of Class

Appendix A BASEBALL 132 Day Season

Status	Out-Of-Season	In- Season- Fall	In-Season- Spring
	Varsity	Varsity	Varsity
# of Competitions			56
Player Strengths	35	35	35
Managers	2	2	2
Trainers			
Late SRC	yes	yes	yes
Mil. Duty (Friday)	yes	no	no
Mil. Duty (Saturday)	yes	no	no

Special

Authorizations:

- 1. Fall season games will not be scheduled on a Saturday of home football games.
- 2. Baseball team members serve as ushers, ball boys, chain crew, and communication assistants for home football games, eat the pre-game meal two and a half hours prior to game time, and report to the stadium two hours prior to game time.
- 3. During scheduled practice sessions and when directed by coaching personnel, team members are authorized to run outside the post boundaries.

Appendix B BASKETBALL

Status	Out-Of-Season	٦٧	In-Season
	Varsity		Varsity
# of Competitions			28
Player Strengths	15		15
Managers	3		3
Trainers			
Late SRC	yes		yes
Mil. Duty (Friday)	yes		no
Mil. Duty			
(Saturday)	yes		no

Special Authorizations:

1. For recruiting purposes, a JV squad team will be assembled infrequently to

participate against

outside competition (I.e. prep-schools). The 10-member JV team will consist of members of the

varsity team and other cadets. The JV team will be authorized to practice 2-days prior to competition.

Appendix C M & W CROSS COUNTRY

1	44 Day Season		
	Status	Out-Of-Season	In- Season- Fall
		Varsity	Varsity
	# of Competitions		7
	Player Strengths	30	30
	Managers	1	1
	Trainers	0	0
	Late SRC	yes	yes
	Mil. Duty (Friday)	yes	no
	Mil. Duty (Saturday)	yes	no

Special

Authorizations:

- 1. Team members are authorized early morning workouts during the traditional season, with coaching supervision; however, they may not leave their room prior to 0600 hours and will be authorized to miss BRC.
- 2. During scheduled practice sessions and when directed by coaching personnel, team members are authorized to run outside the post boundaries.
- 3. VMI PE outfit will serve as practice uniform for VMI Track & Field.
- 4. In addition to scheduled practice, team members are authorized to run off-post for personal conditioning.

Appendix D FOOTBALL

Status	Out-Of-Season Varsity	In- Season- Fall Varsity	In-Season- Spring Varsity
# of Competitions		11	
Player Strengths	100	110	100

Managers	5	5	5
Trainers	4	4	4
Late SRC	yes	yes	yes
Mil. Duty (Friday)	yes	no	no - INP *
Mil. Duty			
(Saturday)	yes	no	no - INP *

* INP = If No Practice

Special Authorizations:

- 1. All football managers are excused at 0900 hours on Saturdays of home games.
- 2. New cadets participating in Cadre Week Activities may be released from training early

to start football pre-season practice upon the recommendation of the DIA in coordination with the Commandant.

3. Specific requests for specific recommendations (i.e. permission to run off-post).

Appendix E LACROSSE

1	32 Day Season			
	Status	Out-Of-Season Varsity	In- Season- Fall Varsity	In-Season- Spring Varsity
	# of Competitions		1	16
	Player Strengths	35	35	35
	Managers	2	2	2
	Trainers			
	Late SRC	yes	yes	yes
	Mil. Duty (Friday)	yes	no-INC *	no
	Mil. Duty (Saturday)	yes	no-INC *	no

* INC = If No Competition

Special

Authorizations:

- 1. No practice or competition should be scheduled during Saturday home football games.
- 2. Team members serve as ticket takers for home football games, eat the pre-ticket takers

meal two and a half hours prior to game time, and report to the stadium two hours prior

to game time.

Appendix F RIFLE

1	44 Day Season			
	Status	Out-Of-Season Varsity	In- Season- Fall Varsity	In-Season- Spring Varsity
	# of Competitions		7	6
	Player Strengths	20	20	20
	Managers			
	Trainers			
	Late SRC	yes	yes	yes
	Mil. Duty (Friday)	yes	no	no
	Mil. Duty (Saturday)	yes	no	no

Special Authorizations:

1. Team is authorized as a co-ed team per NCAA regulations.

Appendix G MEN'S SOCCER

132 Day Season			
Status	Out-Of-Season Varsity	In- Season- Fall Varsity	In-Season- Spring Varsity
# of Competitions	Variotty	20	5
Player Strengths	30	30	30
Managers	3	3	3
Trainers			
Late SRC	yes	yes	yes
Mil. Duty (Friday)	yes	no	no-INC *
Mil. Duty (Saturday)	yes	no	no-INC *

^{*} INC = If No Competition

Special Authorizations:

Appendix H WOMEN'S SOCCER

1	32 Day Season		-	
	Status	Out-Of-Season	In- Season- Fall	In-Season- Spring
		Varsity	Varsity	Varsity
	# of Competitions		20	5
	Player Strengths	20	20	20
	Managers	1	1	1
	Trainers			
	Late SRC	yes	yes	yes
	Mil. Duty (Friday)	yes	no	no-INC *
	Mil. Duty (Saturday)	yes	no	no-INC *

* INC = If No Competition

Special

Authorizations:

1. Authorized to leave post for practice due to limitations of facilities on post.

Appendix I SWIMMING

144 Day Season		
Status	Out-Of-Season	In-Season
	Varsity	Varsity
# of Competitions		20
Player Strengths	25	25
Managers		
Trainers		
Late SRC	yes	yes
Mil. Duty (Friday)	yes	no
Mil. Duty		
(Saturday)	yes	no

Special

Authorizations:

1. Early morning workouts during the traditional season are authorized. Team members will not leave their rooms prior to 0600 hours.

Appendix J MEN'S TRACK

1	56 Day Season			
	Status	Out-Of-Season	In- Season- Indoor	In-Season- Outdoor
		Varsity	Varsity	Varsity

# of Competitions		18 *	
Player Strengths	65	65	65
Managers	2	2	2
Trainers			
Late SRC	yes	yes	yes
Mil. Duty (Friday)	yes	no	no
Mil. Duty			
(Saturday)	yes	no	no

^{*} Competitions not used in Indoor Track will be used in Outdoor Track

Special Authorizations:

- 1. Team members are authorized early morning workouts during the traditional season; however, they may not leave their rooms prior to 0600 hours, and are allowed to miss BRC.
- 2. During scheduled practice sessions and when directed by coach personnel, team members are authorized to run outside the post boundaries.
- 3. In addition to scheduled practice sessions referred to, team members are authorized to run off-post for personal conditioning.

Appendix K WOMEN'S TRACK

156 Day Season			
Status	Out-Of-Season	In- Season- Indoor	In-Season- Outdoor
	Varsity	Varsity	Varsity
# of Competitions		18 *	
Player Strengths	30	30	30
Managers	2	2	2
Trainers			
Late SRC	yes	yes	yes
Mil. Duty (Friday)	yes	no	no
Mil. Duty (Saturday)	yes	no	no

^{*} Competitions not used in Indoor Track will be used in Outdoor Track

Special Authorizations:

- 1. Team members are authorized early morning workouts during the traditional season; however, they may not leave their rooms prior to 0600 hours, and are allowed to miss BRC.
- 2. During scheduled practice sessions and when directed by coach personnel, team members are authorized to run outside the post boundaries.
- 3. In addition to scheduled practice sessions referred to, team members are authorized to run off-post for personal conditioning.

Appendix L WRESTLING

1	44 Day Season		
	Status	Out-Of-Season	In-Season
		Varsity	Varsity
	# of Competitions		16
	Player Strengths	30	30
	Managers	1	1
	Trainers		
	Late SRC	yes	yes
	Mil. Duty (Friday)	yes	no
	Mil. Duty		
	(Saturday)	yes	no

Special Authorizations:

- 1. Team members are authorized to wear the knit cap & parka over the class uniform to and from practice during the winter months. They must change into a regular uniform entering the Cadet Mess Hall for supper.
- 2. Lunch-time meetings the day of home games and one other day each week during the traditional season are authorized. All players and managers will be excused from the weekday noon meal formations for the purpose of eating early lunch and attending subsequent meetings with the coaching staff.
- 3. Team members are authorized early morning workouts during the traditional season. Team members will not leave their rooms prior to 0520. Team members may proceed individually to the breakfast meal following early morning practice, but must be in the Cadet Mess Hall by "Take Seats."
- 4. Practice is authorized during the traditional spring season from 0900 to 1500 hours on three Saturdays as determined by DIA.
- 5. New cadets will take an VFT during the first 7-10 days Cadre Week.

6. During winter off-season, the team will be authorized to have conditioning at Cocke Hall from 0520 hours and return to Mandatory Breakfast in the right uniform by "Take Seats."		