



2025-2026 Student-Athlete Resource Guide





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by Erin Quinn, Director of Athletics

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Dear Middlebury Student-Athlete,

On behalf of Middlebury College and the Department of Athletics, I am pleased to introduce you to the Student-Athlete Resource Guide. The purpose of this guide is to provide you with accessible, up-to-date information related to Athletics Department, Middlebury College, NESCAC, and NCAA policies and resources. This guide offers an overview and links to some of the most important policies and rules related to student-athletes. However, it does not replace or supersede Middlebury's official College Handbook (which provides the complete text of all College policies and is available at <https://handbook.middlebury.edu/>) or actual NESCAC and NCAA rules and regulations; it is simply an additional resource for those students who choose to participate in athletics while at Middlebury. If you have any questions, you should review the applicable Middlebury College policy and/or NESCAC/NCAA rule(s) and consult with your coach.

You should also feel free to contact me.

In order to provide some context for the enclosed policies, I would like to share with you some of the Department of Athletics' most important guiding principles and values:

- **Respect:** The principle of respect has many applications, but it is particularly relevant to the activity of hazing. Simply put, hazing is antithetical to a culture of respect—for oneself and for others—and it will not be tolerated. Respect will also be important in the field of play, whether you are a participant or a spectator, and we will use respect to set a high standard for sportsmanship.
- **Integrity:** It is important for our student-athletes to hold themselves to the same high standards of effort, attitude, and behavior in the field of play, in the classroom, and in the community.
- **Team:** While the concept of "team" may vary from one athletic team to another, we want all of our student-athletes to understand that they are part of something bigger than themselves; to take the important lesson of "team" offered by participation in athletics and to think of themselves as part of their athletic team, the College community, the local community, and even the global community.
- **Accountability:** Students will be held accountable for their actions, and disciplinary measures may result if they violate departmental or College policy. However, we also want to promote a broader concept of responsibility that encourages students to influence one another in a positive manner. Our student-athletes are expected to be leaders who hold themselves and their teammates accountable to the highest standard of ethical behavior.

These principles and values should guide you as you represent Middlebury College here on campus and in the larger community. It is my expectation that you will fully embrace these shared values and adhere to the enclosed policies so that we can maintain a safe, healthy, and successful athletic culture.

Thank you for your commitment to Middlebury College; please be in touch if I can be of assistance.

Sincerely,

Erin Quinn
Director of Athletics

Department of Physical Education and Athletics Overview

Staff Directory

The directory for the Department of Athletics Administration, Communications, Sports Medicine, the Equipment Room, and Coaching staff is available online at <http://athletics.middlebury.edu/information/directory/index>

Student-Athlete Advisory Committee (SAAC)

NCAA regulations mandate that all member institutions have SAACs on their campuses. Middlebury's SAAC is composed of student-athletes who serve to address student-athlete issues and provide insight into the student-athlete experience at Middlebury. The SAAC also offers input on the rules, regulations, and policies that affect the lives of NCAA student-athletes. The SAAC promotes communication between athletics administration and student-athletes, disseminates information, provides feedback and insight into Athletics Department issues and the formulation of Athletics Department policies, builds a sense of community among all athletics programs and teams, organizes community service efforts, solicits student-athlete responses to proposed conference and NCAA legislation, and promotes a positive student-athlete image on campus. Through grass-roots efforts and networking between the campus SAACs, the conference SAACs, and the national committees, student-athletes can have a positive impact on intercollegiate athletics and enrich the student-athlete experience.

Physical Education and Athletics Programs

Athletics are an essential part of the overall educational experience at Middlebury College. The College endeavors to provide athletic programs that are comprehensive and varied, offering athletic opportunities to all students. The Department of Physical Education and Athletics is committed to the following:

- A physical education/wellness program that stresses good health, physical fitness, and life-time activities.
- A vigorous intercollegiate sports program that strives for growth, achievement and excellence.
- An intramural program that encourages students of varied abilities and skills to

participate in a wide range of recreational athletic activities.

- A club sports program that offers opportunity for intercollegiate competition in a less structured environment.

A. Physical Education

Middlebury College requires that its students earn two physical education "credits" (nonacademic) in order to graduate. Middlebury has a tradition of offering physical education classes that concentrate on lifetime sports and activities so that students will benefit from skills and knowledge now and after graduation. Courses are mainly introductory and are offered in five-week intervals each semester, and a four-week j-term session.

All varsity athletes receive one physical education credit for each traditional season of participation.

There are currently club sports that receive physical education credit: [go/physed](#).

B. Varsity Sports

The Middlebury College athletic philosophy is compatible with the school's spirit of academic challenge. Superb coaching and training facilities provide a setting in which student-athletes can develop themselves as players, individuals, and as teammates.

Middlebury student-athletes demonstrate that a pursuit of excellence on the playing field is fully compatible with the pursuit of excellence in the classroom, and that a combination of the two endeavors lends itself to a more complete educational experience.

The quality of Panther opponents is guaranteed, as the College's varsity teams compete within the [NCAA Division III](#) and the [New England Small College Athletic Conference](#) (NESCAC). See also [go/vsports](#).



C. Intramural Sports

Intramurals provide a varied program of activities to meet the competitive and recreational needs of all students. Faculty and staff members are also encouraged to participate in intramurals. The overall objective of the program is to provide participation opportunities in a wide variety of activities for those who choose intramurals over, or in addition to, other types of competition available at Middlebury. An individual's skill level is not as important as the player's desire to participate and to enjoy the intramural experiences of good fun, sportsmanship, and competition. Depending upon the nature of the activity, the amount of interest, and the space available, the intramural competitions are organized into leagues, followed by play-offs. [go/intramurals](#)

D. Club Sports

Club Sports offer students the opportunity to participate in intercollegiate competition, but in a less structured environment. There's no shortage of options: cycling, Frisbee, water polo, sailing, equestrian, and quadball (formerly quidditch). Club sports are overseen by Student Activities. [go/clubsports](#)

The Student-Athlete

Issues or Concerns

Student-athletes who have issues or concerns relating to their participation in any Middlebury College athletic program are encouraged to discuss the matter as follows:

- Intercollegiate athletics: please contact the team captain or coach.
- Intramurals: please contact **Mark Lewis**, director of intramurals at 802-443-3458 or markl@middlebury.edu.
- Rugby and Crew: please contact **Franklin Dean-Farrar**, at 802-443-5160 or fdanfar@middlebury.edu
- Club sports: please contact **Annie Delehanty**, asst. director for student organizations and club sports, at 802-443-3189 or adelehanty@middlebury.edu.

If the student-athlete is not comfortable discussing the matter with the captain, coach, or program director (as listed above), or if the student-athlete feels that the issue or concern has not been properly addressed or resolved, they may contact **Erin Quinn**, director of athletics, at 802-443-5253 or quinn@middlebury.edu; or **Katharine DeLorenzo**, assistant director of athletics, senior woman administrator, at 802-443-5422 or kdeloren@middlebury.edu. In addressing the student-athlete's issue or concern, the director of athletics and/or the assistant director of athletics may consult with other College officials, as appropriate.

Mission, Values, and Philosophy

Middlebury's Community Standards

The ability of Middlebury College to achieve its purposes depends on members of the campus community upholding our commonly accepted standards of conduct, which enable the highest quality of teaching and learning. Broadly, these are referred to as our Community Standards. Middlebury seeks to prepare students to be active citizens and leaders who will address the world's most pressing problems. This mission is advanced through students' experiences with successes and challenges, and is reflected in the following Community Standards:

- Cultivating respect and responsibility for self, others, and our shared environment
- Encouraging personal and intellectual courage and growth
- Manifesting integrity and honesty in all decisions and actions
- Promoting healthy, safe and balanced lifestyles
- Fostering a diverse and inclusive community committed to civility, open-mindedness, and finding common ground

Therefore, a balance of individual and community growth and health guides Middlebury's approach to all endeavors and to the policies that support those endeavors.

Middlebury's Diverse and Inclusive Community

At Middlebury, we strive to make our campus an engaged community that embraces many points of view and experiences while respecting the complexity and individuality each person brings. We work to build and maintain a diverse and inclusive community that is committed to educational opportunities and to operating within an atmosphere of respect for one another. Student-athletes are expected to conduct themselves in accordance with these principles. (See also the NCAA's information on inclusion)

Sportsmanship and Spectator Conduct

All Middlebury student-athletes are expected to comply with the following:

- Remember that you are a representative of your team and your institution and always act in a proper manner.
- Rise above the desire to react less than honorably in difficult situations.
- Choose a response you will be proud of after that moment.
- Retaliation when you've been the victim of poor sportsmanship will worsen an already bad situation.
- Trust coaches and officials to properly handle the issue.

- Help keep your teammates in line. Be a leader. “Trash talking” reflects poorly on you and your team.
- Talk with friends and family in between games so that they understand what is expected of them when attending games.

In addition, all Middlebury student-athletes are expected to conduct themselves with the same level of sportsmanship and respect regardless of whether they are participating as a member of an athletic team or as a spectator. Student-athletes are expected to comply with the following tenets applicable to spectators:

- Be loud, be proud, and be positive!

- Cheer for your team’s student-athletes, but do not cheer against student-athletes from opposing teams.
- Refrain from using profane language and shouting negative comments toward student-athletes and game officials.
- Treat visiting fans and student-athletes the way you would like to be treated when visiting other institutions.
- Seek out game management personnel and security when other fans are acting improperly.
- Remember that you are watching college-age, Division III student-athletes competing in a sport that they enjoy.

Student-Athlete Eligibility

Academic and General Requirements

Please see the full text of [NCAA Bylaw, Article 14](#) for detailed information regarding eligibility – academic and general requirements.

Eligibility

To be eligible to represent Middlebury College in intercollegiate athletics competition, a student-athlete shall be enrolled in at least a minimum full-time program of studies, be in good academic standing, and maintain satisfactory progress toward a baccalaureate or equivalent degree.

At Middlebury College, full-time status consists of taking three or more classes, except in the final term prior to the completion of a student’s baccalaureate degree, when taking two classes (special student status) is permissible, as per designation by the registrar. See [College Handbook—Student Status](#).

Drop-Add

A student-athlete no longer shall be considered enrolled in a minimum full-time program of studies (after dropping a course that places the student below full-time status) when the dropped course becomes official in accordance with procedures determined by the institution for all students. A student-athlete who is adding a course to reach full-time status shall become eligible for practice and competition once the course has been approved by the appropriate department head (or designated representative) and submitted to the registrar.

To ensure that the drop-add process will not affect a student-athlete’s eligibility, student-athletes

should not drop a course without simultaneously adding another course. This will help ensure enrollment in the minimum full-time program of studies.

The student-athlete is considered to have used a semester or quarter of eligibility when the student attends any class while officially registered in a regular term of the academic year, even if the student-athlete drops to part-time status at any time during the term, including his/her first day of attendance.

Post-Graduation Participation

For Febbs: A student-athlete may practice or compete while enrolled in less than a minimum full-time program of studies, provided the student is enrolled in the final semester or quarter of the baccalaureate or graduate program and the institution certifies that the student is carrying (for credit) the courses necessary to complete degree requirements.

A student-athlete who is eligible during the term in which degree work is completed remains eligible for any NCAA championship that begins within 60 days after the end of the term in which the student completes the requirements for the degree.

It should be noted that housing is not guaranteed after graduation. Student-athletes should notify their coach before the end of the first semester if they will graduate as a Feb and anticipate continuing to practice and compete until the completion of the Winter semester.

Amateurism

A student-athlete shall not be eligible for participation in an intercollegiate sport if the individual uses their athletics skill (directly or indirectly) for pay in any form in that sport, or has accepted the promise of pay in any form based on athletics participation even if such pay is to be received after completion of intercollegiate athletics participation, or if the individual has violated any of the other regulations related to amateurism set forth in [NCAA Bylaw, Article 12](#).

Awards, Benefits, and Expenses

Receipt by a student-athlete of an award, benefit, or expense allowance not authorized by NCAA legislation renders the student-athlete ineligible to compete while representing the institution in the sport for which the improper award, benefit, or expense was received. If the student-athlete receives an extra benefit not authorized by NCAA legislation or an improper award or expense allowance in conjunction with competition that involves the use of overall athletics skill (e.g., “superstars” competition), the individual is ineligible in all sports. [NCAA Bylaw, Article 16](#)

Any athletics awards given to individual student-athletes shall be limited to those approved or administered by an institution and shall be limited to normal retail value and number. Additionally, an individual may not receive a cash award for athletics participation. An individual may not receive a cash-equivalent award (i.e., an item that is negotiable for cash or trade or other services, benefits, or merchandise) for athletics participation.

Prior to accepting any award, benefit, or support service for a sport for which a student-athlete competes at Middlebury, please contact **Kelly Bevere**, director of compliance, at 802-443-5386 or kbevere@middlebury.edu.

Transfer Release

A student-athlete participating at a Division III institution (such as Middlebury) may issue, on their own behalf, permission for another Division III institution to contact the student-athlete about a potential transfer. The student-athlete shall forward this form to the director of athletics at the institution of interest. [Release Form](#)

Financial Aid

A student-athlete who receives financial assistance other than that authorized by the NCAA shall not be eligible for intercollegiate athletics. [NCAA Bylaw, Article 15](#)

Study Abroad

A student-athlete who is abroad at a Middlebury (or Middlebury-approved) program in the fall is eligible to compete and practice during winter term if, in that fall semester, the student-athlete is enrolled as a full-time student of that program.

A winter student-athlete who is going abroad in the spring on a Middlebury (or Middlebury-approved) program, is eligible to compete and practice in the spring, while not taking classes when the spring semester starts, if the student is accepted for enrollment as a regular full-time student in that upcoming spring semester in the program abroad.

Enrollment in Winter Term/Internships

In order to be eligible to compete during winter term or the following spring term, a student-athlete must be enrolled in a Middlebury College winter term class or an approved internship.

NCAA Transgender Policy

In accordance with a presidential executive order issued in February 2025, the [NCAA](#) has released an updated policy regarding transgender student-athlete participation, with which Middlebury must comply. We are committed to supporting all students. Any student-athletes who have concerns about athletics participation may address those with their respective coaches or athletic administrators.

The Board of Governors urged divisions to allow for additional, future eligibility if a transgender student-athlete loses eligibility based on the policy change, provided that they meet the newly adopted standards.

Questions regarding student-athlete eligibility should be directed to **Kelly Bevere**, director of compliance, at 802-443-5386 or kbevere@middlebury.edu.

Student-Athlete Conduct

Student-athletes are subject to all Middlebury College policies including student life and conduct policies (see, e.g., [go/handbook](#)), and any student-athlete who violates Middlebury College policy may be subject to discipline, as with any other student, up to and including suspension or expulsion from Middlebury. In addition, athletics-related discipline, up to and including dismissal from the team, may be imposed by coaches, at their discretion, for violation of Middlebury College policies. Coaches will have access to all information related to alleged policy violations (including but not limited to Department of Public Safety incident reports) and/or the outcome of any judicial board hearings or determinations made by other Middlebury officials.

Student-athletes may also be subject to athletics-related discipline by their coach, up to and including dismissal from the team, for violation of team policies, rules, or expectations. Athletics-related discipline in this context is distinct from Middlebury College discipline for violation of Middlebury College policies, and is at the discretion of the coach.

Student-athletes are expected to be familiar with and abide by all College ([go/handbook](#)), NCAA, and NESCAC rules and policies, including but not limited to the following:

Hazing

While being part of a campus group can be a meaningful aspect of student life, hazing is a hidden problem that undermines the value of these experiences. Although hazing is not unique to Middlebury College, we believe that it is important to examine these practices openly in an attempt to overcome the secrecy that perpetuates them.

What Students Should Know

- Hazing is a violation of [Middlebury College policy](#) and [Vermont law](#).
- Hazing takes various forms, but typically involves physical risks or mental distress through, for example, humiliating, intimidating, or demeaning treatment.
- Hazing can cause significant harm to individuals, groups, and the College.
- Hazing has occurred in social houses, athletic teams, performance groups, and other organizations.

- Groups that haze often view it as positive and necessary.
- Groups that haze can achieve the positive outcomes they seek from hazing through non-hazing means.

Hazing Policy

Middlebury's General Conduct Standards include promoting healthy, safe, and balanced lifestyles. Student organizations and athletic teams can play a vital role in this process and can provide transformative opportunities for friendship, leadership, and personal growth and discovery. Hazing of any kind is antithetical to these goals; therefore, Middlebury prohibits hazing activities, whether by an individual or an organization. In keeping with Middlebury's prohibition of any kind of hazing, training and educational activities are periodically conducted with appropriate staff who support students and campus life.

1. Policy Statement

Middlebury prohibits hazing activities of any kind, whether by an individual or an organization, including passive participation in hazing activities. Because of the socially coercive nature of hazing, implied or express consent is not a defense under this policy (or under state law). Passive participation in hazing may include witnessing hazing taking place as a group member, affiliate, or guest, or participating in or being present in person or via technology in discussions where hazing is planned. Hazing activities violate this policy whether or not they involve alcohol, and whether or not they occur on a Middlebury campus. Hazing activity may lead to disciplinary proceedings against individuals and/or organizations, including but not limited to disciplinary consequences for individuals, and/or the probation, suspension, or termination of a student organization or athletic team. Culpability for any violations of this policy may be attributed to active and passive participants, the student group and/or its members, and elected or appointed officers.

Hazing activity is subject to additional penalties or fines and/or criminal prosecution by the state of Vermont. See 16 V.S.A. Sec. [570k](#) and [570l](#); see also Referral to Law Enforcement, below.

The student leaders of all registered student organizations and athletics programs are required to acknowledge annually that they will comply with the terms of Middlebury's Policy Against

Hazing. Retaliation against any individual, directly or indirectly, for making or participating in a complaint about hazing is prohibited under Middlebury's general Retaliation Policy.

2. Definitions

For purposes of this policy, hazing is defined as any act committed by a person, whether individually or in concert with others, against a student in connection with pledging, being initiated into, affiliating with, holding office in, participating in, or maintaining membership in any organization or team that is affiliated with Middlebury; and that is intended to have the effect of, or should reasonably be expected to have the effect of, humiliating, intimidating, or demeaning the student or endangering the mental or physical health of the student. Hazing also includes planning, soliciting, directing, aiding, or otherwise participating actively or passively in the above acts.

Activity or conduct that furthers legitimate curricular, extracurricular, or military training program goals is not considered to be hazing, provided that:

- The goals are approved by a Middlebury official who oversees the activities of the organization or team (e.g., coach or director of student activities).
- The activity or conduct furthers the goals in a manner that is appropriate, contemplated by Middlebury, and normal and customary for similar programs at other educational institutions.

“Organization” means an athletic team, association, corporation, order, society, corps, cooperative, club, student organization, or other similar group whose members primarily are students at Middlebury and which is affiliated with Middlebury.

“Pledging” means any action or activity related to becoming a member of an organization.

“Student” includes but is not limited to any person who is enrolled in or pursuing a degree or credit in any Middlebury program.

A. Examples: Middlebury policies include the prohibition of many activities that have traditionally been associated with hazing, such as illegal substance use and abuse, vandalism, theft, verbal or physical abuse or threat of harm, sexual harassment, and other forms of harassment. In addition to those activities and conduct expressly prohibited elsewhere in this handbook, examples of prohibited individual/group activities that may constitute hazing when otherwise falling within the definition above include but are not limited to the

following:

- i. Encouraging the use of alcohol or illegal drugs
- ii. Shaving, tattooing, piercing, or branding
- iii. Engaging in or simulating sexual acts
- iv. Threatening or causing physical restraint
- v. Nudity
- vi. Throwing substances or objects at individuals
- vii. Assigning unreasonable chores or acts of servitude
- viii. Forcing or coercing consumption or use of any substance
- ix. Causing excessive exercise, sleep deprivation, or excessive fatigue
- x. Interfering with adequate time for study
- xi. Requiring the wearing of apparel or acting in a way that is conspicuous and not within community norms
- xii. Blindfolding
- xiii. Subjecting students to abusive or demeaning conduct

3. Policy Violation and Review Process/Referral to Law Enforcement

Please see Middlebury's Hazing Policy for the full text of Middlebury's internal process for investigating and adjudicating allegations of hazing and referral of hazing allegations to law enforcement.

4. Reporting Hazing

Emergencies: Dial 911 or call the Department of Public Safety (802-443-5911).

All Middlebury community members are expected to report activities believed to be hazing to a Commons dean, director of athletics, associate dean for student activities, or the vice president for student affairs/dean of students:

Vice President for Student Affairs

Smita Ruzicka

802-443-5382 or sruzicka@middlebury.edu

Director of Athletics

Erin Quinn

802-443-5253 or quinn@middlebury.edu

Dean of Students

Joe Russell

802-443-3417 or joer@middlebury.edu

Class Deans

Sabrina Durand 802-443-3321 sdurand@middlebury.edu

Matt Longman 802-443-3350 longman@middlebury.edu

Jen Sellers 802-443-3340 jsellers@middlebury.edu

Middlebury's Nondiscrimination Statement/ Title IX Coordinator

Middlebury complies with applicable provisions of state and federal law prohibiting discrimination in employment, admission, or access to its educational or extracurricular programs, activities, or facilities, on the basis of race, creed, color, place of birth, ancestry, ethnicity, national origin, religion, sex, sexual orientation, gender identity or expression, age, marital status, service in the armed forces of the United States, positive HIV-related blood test results, or genetic information, or against qualified individuals with disabilities on the basis of disability and/or any other status or characteristic as defined and to the extent protected by applicable law. See our complete Nondiscrimination Statement. go/nondiscrimination.

Middlebury's Civil Rights and Title IX coordinator is responsible for coordinating compliance with federal and state antidiscrimination laws, including Title IX of the Education Amendments of 1972 as amended, which prohibits sex discrimination, including sexual harassment and sexual misconduct, and Section 504 of the Rehabilitation Act of 1973, which prohibits discrimination on the basis of disability. Title IX Coordinator: Butterfly Boire bboire@middlebury.edu

Antiharassment/Discrimination Policy

Middlebury strictly prohibits conduct that constitutes unlawful discrimination and harassment, including sexual harassment, as well as related retaliation. Students who wish to report discrimination or harassment, including sexual harassment or related retaliation, should contact the Civil Rights and Title IX Office or their residential deans. Middlebury will take reasonable and appropriate remedial action to prevent unlawful discrimination, harassment, and/or related retaliation, eliminate any hostile environment, prevent its recurrence, and correct its discriminatory effects on the complainant and others, if applicable. See the full text of the Anti-Harassment/Discrimination Policy, which includes Middlebury's complaint procedures.

Policy Against Sexual Misconduct, Domestic and Dating Violence and Misconduct, and Stalking

Middlebury's Policy Against Sexual Misconduct, Domestic and Dating Violence and Misconduct, and Stalking governs the behavior of all Middlebury students, faculty, and staff. The policy strictly prohibits sexual misconduct (including sexual

assault and sexual exploitation), as well as domestic and dating violence and misconduct, and stalking. Complaints or reports under the policy should be brought to the immediate attention of the College's Civil Rights and Title IX coordinator. Students involved in the complaint process will be treated with the utmost sensitivity, dignity, and respect.

If you experience conduct you think might be sexual assault, sexual exploitation, domestic or dating violence or misconduct, or stalking, Middlebury has emergency and other resources that can provide medical care, counseling, information, and other services and accommodations. All students are encouraged to report sexual misconduct, domestic and dating violence and misconduct, and stalking incidents to the College and/or to law enforcement agencies. Middlebury will offer, and upon request provide, assistance to students who wish to contact law enforcement agencies.

Green Dot Program

In addition to advocacy services for those impacted by power-based personal violence, the Middlebury community is actively engaged in violence prevention strategies. As a Green Dot school, Middlebury provides training and programming to students, faculty, and staff about bystander intervention and proactive behaviors that promote healthy relationships with friends, family members, and romantic partners.

Threat Assessment and Response Policy

Middlebury is committed to maintaining a safe and secure campus and workplace environment. As part of this commitment, Middlebury has established a Threat Assessment and Management Team (TAM Team), which is empowered to assess risk and, in cooperation with other College teams or offices as appropriate, formulate an appropriate response in situations where an individual's behavior and/or statements generate concern that they may present a threat to the health or safety of others. The TAM Team seeks to mitigate potential risks before they result in harm. Any student who believes that an individual has committed or may commit an act of violence, is engaging in behavior or making statements that generate concern about the potential for violence, or otherwise may pose a threat to the health or safety of any member of the College community should call the Department of Public Safety immediately at 802-443-5911. Individuals may also make a report to residential deans or any member of the TAM Team. In case of an emergency, students should call 911.

Alcohol, Tobacco and Other Drugs Policy

All Middlebury policies have been crafted to comply with federal and state laws and to ensure student and community safety. The legal age to consume or be in possession of alcohol or tobacco in Vermont is 21. We encourage students to familiarize themselves with the specific restrictions around alcohol and drugs for all students, not just those below the legal drinking age (see “Alcohol, Tobacco, and Other Drugs”).

In addition to prohibiting underage drinking and tobacco use, these policies also prohibit the following:

Possessing alcohol as a minor (someone not of legal drinking age).
Providing alcohol to minors.
Walking in public with an open container of alcohol.
Bringing alcohol into an academic space.
There are also specific regulations for students of legal age who wish to host parties or informal gatherings with alcohol. Only persons of legal age (21 or older in Vermont, and as defined by the laws of a foreign host country) may possess or consume tobacco, tobacco products, tobacco substitutes, or tobacco paraphernalia, including e-cigarettes. Legal proof of age, such as a valid driver’s license, state-issued liquor identification card, or passport, may be required.

The use, possession, sale, or distribution of illegal drugs, including prescription drugs without a prescription, is prohibited at Middlebury and is a violation of Vermont state law and federal law. Despite recent changes to Vermont state law, cannabis remains illegal under United States federal law and our policy reflects this. Discovery of illegal drugs, and/or of drug paraphernalia with evidence of use, is taken very seriously. Violations of Middlebury’s Alcohol, Tobacco, and Other Drugs policy will result in sanctions.

Student wellness and overall health inform the College’s responses to the use of alcohol and other drugs. As such, the primary goal of the conduct system is to educate and engage students by providing information, tools, and space for facilitated reflection. The College utilizes evidence-based educational opportunities to support informed decision making regarding students’ personal and academic success, as informed by

Middlebury’s Community Standards.

Smoking Policy

Smoking is prohibited in all buildings at Middlebury, including residence halls and individual student rooms. This includes e-cigarettes and cannabis.

Smoking shall not take place within 25 feet of areas where smoke is likely to enter buildings. This includes building entranceways, near open windows, and especially near building air intakes. This policy not only reflects Vermont state law but also our concerns for the safety of all members of the community. Smoking creates a significant fire hazard, and secondhand smoke can have debilitating effects on the individuals who inhale it, including our custodial staff, who may be required to work in spaces that others could contaminate with smoke. If students are found to have been smoking in their rooms, they can expect a significant monetary fine, as well as disciplinary action.

NCAA Bylaws

Student-athletes are subject to all NCAA Bylaws in the NCAA Division III Manual including but not limited to the following:

NCAA Banned Drugs

The presence in a student-athlete’s urine of a substance and/or metabolite of such substance belonging to a class of drugs currently banned by the NCAA shall be cause for loss of eligibility. The following list of NCAA’s banned substances is not exhaustive and may be changed at any time.

Thus it is the student-athlete’s responsibility to check with the appropriate athletics staff before using any substance. In addition, student-athletes should also consult 2024-2025 NCAA Banned Drugs List for the most current list of banned drug classes or contact the NCAA national office at 317-917-6222.

The NCAA bans the following classes of drugs:

- Stimulants
- Anabolic agents
- Beta blockers
- Diuretics
- Peptide hormones and analogues
- Antiestrogens
- Beta-2 agonists

Note: Any substance that is chemically / pharmacologically related to these classes is also banned. The institution and the student-athlete shall be held accountable for all drugs within the banned-drug class regardless of whether they have been specifically identified. Examples of substances under each class can be found at www.ncaa.org/drugtesting

Drugs and Procedures Subject to Restrictions

1. Blood doping
2. Gene doping
3. Local anesthetics (under some conditions)
4. Manipulation of urine samples
5. Beta-2 agonists permitted only by prescription and inhalation (e.g., Albuterol).

NCAA Nutritional/Dietary Supplements Warning

Before consuming any nutritional/dietary supplement product, *review the product with the appropriate or designated Athletics Department staff*. There are no NCAA-approved supplement products.

1. Dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test result.
2. Student-athletes have tested positive and lost their eligibility from using dietary supplements.
3. Many dietary supplements are contaminated with banned drugs not listed on the label.
4. Any product containing a dietary supplement ingredient is *taken at your own risk*.

Check with your Athletics Department staff prior to using a supplement.

Some Examples of NCAA Banned Substances in Each Drug Class

There is NO complete list of banned substances. Do not rely on this list to rule out any label ingredient.

1. Stimulants: amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; methamphetamine; methylphenidate (Ritalin); synephrine (bitter orange); methylhexanamine (DMAA); “bath salts” (mephedrone); Octopamine; DMBA; phenethylamines (PEAs); etc.
Exceptions: phenylephrine and pseudoephedrine are not banned.
2. Anabolic agents (sometimes listed as a chemical

formula, such as 3,6,17-androstenetrione); androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; testosterone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; stanozolol; stenbolone; trenbolone; SARMS (ostarine, ligandrol, LGD-4033); etc.

3. Alcohol and beta blockers (banned for rifle only): alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.
4. Diuretics (water pills) and other masking agents: bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.
5. Illicit drugs: heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (e.g., spice, K2, JWH-018, JWH-073)
6. Peptide hormones and analogues: growth hormone(hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); IGF-1 (colostrum); etc.
7. Antiestrogens: anastrozole; tamoxifen; formestane; ATD, clomiphene; SERMS (nolvadex); Arimidex; clomid; evista; fulvestrant; aromatase inhibitors (Androst-3,5-dien-7,17-dione), etc.
8. Beta-2 agonists: bambuterol; formoterol; salbutamol; salmeterol; higenamine; norcoclaurine; etc.

Additional examples of banned drugs can be found at www.ncaa.org/drugtesting.

Any substance that is chemically related to the class, even if it is not listed as an example, is also banned!

Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting Drug Free Sport AXIS™ at 877-202-0769 or www.drugfreesport.com/axis password: ncaa1, ncaa2, or ncaa3.

It is your responsibility to check with the appropriate or designated athletics staff before using any substance.

Source: 2025 NCAA Banned Drugs List: <https://www.ncaa.org/sports/2015/6/10/ncaa-banned-substances.aspx>

See also information regarding the [NCAA Drug-Testing Program](#) :

NCAA ADHD Rulings/Medical Exceptions

According to the NCAA's Medical Exceptions Policy (which is part of its Drug Testing Program), the "NCAA recognizes that some banned substances are used for legitimate medical purposes."

Accordingly, the NCAA allows exceptions to be made for those student-athletes with a documented medical history demonstrating the need for treatment with the banned medication. Exceptions may be granted for substances included in the following classes of banned drugs:

- Stimulants
- Anabolic agents
- Beta blockers
- Diuretics
- Peptide hormones and analogues
- Antiestrogens
- Beta-2 agonists

No medical exception review is available for substances in the class of illicit drugs.

The NCAA has instituted a Medical Exceptions Process, which is outlined in detail in the NCAA Drug-Testing Program. The student-athlete must have complete documentation, including a letter dictated by the prescribing physician, on file at the student-athlete's school. This documentation needs to include all pertinent physical and psychological tests related to the diagnosis and treatment of the condition.

Peptide hormones (hGH) and anabolic steroids prescribed for medical conditions require application for a medical exception by the NCAA *in advance* of participation. For additional information regarding medical exceptions, see NCAA Drug Exception.

In all cases, if a student-athlete does not meet the criteria for a medical exception, the student-athlete may request an appeal hearing of the positive drug test. In this case, the student-athlete's eligibility will be suspended pending the outcome of the appeal.

All student-athletes must ensure they are in compliance with the NCAA Rulings, Six-Month Preparticipation Physical, and Sickle Cell Trait Screening. (Crew and rugby DO NOT need to follow the NCAA ADHD rulings.)

Questions should be directed to **Mark Peluso, MD**, medical director, College physician, and head team physician, at 802-443-5135; or **Kelly Cray**, director of sports medicine, at 802-443-5259. See also NCAA Drug and Medical Exception information provided by Middlebury's Sports

Medicine Department.

NCAA Drug Testing

The full text of the NCAA's bylaws regarding testing and ineligibility for use of banned drugs is available at <http://www.ncaapublications.com/productdownloads/D320.pdf>. These provisions are summarized below. In the event that there is a discrepancy between the summary in this guide and the actual bylaws, please note that the bylaws, will control. Please consult the full text of the applicable bylaws for complete information.

A. Ineligibility for Use of Banned Drugs

According to NCAA Bylaw, Article 18.4.1.5, a "student-athlete who, as a result of a drug test administered by the NCAA, tests positive for use of a substance in a banned drug class . . . shall be declared ineligible for further participation in postseason and regular-season competition in accordance with the ineligibility provisions in this bylaw."

"A student-athlete who, as a result of a drug test administered by the NCAA tests positive for use of a substance in a banned drug class other than 'illicit drugs' . . . shall be charged with the loss of one season of participation in all sports, in addition to the use of a season of participation, pursuant to Bylaw 14.2.1 during the same academic year. The student-athlete shall remain ineligible for all regular season and postseason competition during the time period ending one calendar year (i.e., 365 days) after the collection of the student-athlete's positive drug-test specimen and until the student-athlete tests negative." NCAA Bylaw, Article 18.4.1.5.1

"A student-athlete who, as a result of a drug test administered by the NCAA, tests positive for use of a substance in the banned drug class 'illicit drugs' . . . shall be charged with the loss of competition during 50 percent of a season in all sports. . . . The student-athlete shall remain ineligible from the time the institution is notified of the test result until the prescribed penalty is fulfilled, and the student-athlete tests negative." NCAA Bylaw, Article 18.4.1.5.2

B. Testing Positive on More Than One Occasion (Banned Drug Classes and Illicit Drugs)

"If a student-athlete who previously tested positive for the use of a substance in a banned drug class other than 'illicit drugs' tests positive a second time for the use of a substance in a banned drug class other than 'illicit drugs,' he or she shall lose

all remaining regular-season and postseason eligibility in all sports. If a student-athlete who previously tested positive for the use of a substance in a banned drug class other than ‘illicit drugs’ tests positive for the use of a substance in the banned drug class ‘illicit drugs,’ he or she shall be ineligible for competition for 50 percent of a season in all sports (i.e., 50 percent of the Bylaw 17 maximum regular-season contests or dates of competition). The student-athlete shall remain ineligible from the time the institution is notified of the test result until the prescribed penalty is fulfilled and he or she tests negative. NCAA Bylaw, Article 18.4.1.5.1.1

“If a student-athlete who previously tested positive for the use of a substance in the banned drug class ‘illicit drugs’ tests positive a second time for the use of a substance in the banned drug class ‘illicit drugs,’ he or she shall be charged with the loss of one additional season of participation in all sports, in addition to the use of a season of participation, pursuant to Bylaw 14.2.4.1, during the same academic year. The student-athlete shall remain ineligible for all regular-season and postseason competition during the time period ending one calendar year (i.e., 365 days) after the collection of his or her second positive drug-test specimen or until the period of ineligibility for any prior positive drug tests has expired, whichever occurs later. If a student-athlete who previously tested positive for the use of a substance in the banned drug class ‘illicit drugs’ tests positive for use of a substance in a banned drug class other than ‘illicit drugs,’ he or she shall be charged with the loss of one season of participation in all sports, in addition to the use of a season of participation, pursuant to Bylaw 14.2.4.1, during the same academic year. The student-athlete shall remain ineligible for all regular-season and postseason competition during the time period ending one calendar year (i.e., 365 days) after the collection of the student-athlete’s positive drug test specimen and until he or she tests negative.” NCAA Bylaw, Article 18.4.1.5.2.1.

C. Breach of NCAA Drug-Testing Program Protocol

In accordance with NCAA Bylaw, Article 18.4.1.5.3, a “student-athlete who is in breach of the NCAA drug-testing program protocol (e.g., no-show) shall be considered to have tested positive for the use of a substance in a banned drug class other than ‘illicit drugs.’

“A student-athlete who is involved in a case of clearly observed tampering with an NCAA

drug test sample, as documented per NCAA drug-testing protocol by a drug-testing crew member, shall be charged with the loss of two seasons of participation in all sports if the season of competition has not yet begun for that student-athlete or the equivalent of two full seasons of participation in all sports if the student-athlete is involved in tampering with a drug-test sample during his or her season of participation (the remainder of contests in the current season and contests in the following two seasons up to the period of time in the initial season in which the student-athlete was declared ineligible). The student-athlete shall remain ineligible for all regular-season and postseason competition during the time period ending two calendar years (i.e., 730 days) after the student-athlete was involved in the tampering with a drug test sample and until he or she tests negative.” NCAA Bylaw, Article 18.4.1.5.3.1

D. Appeals

“An institution may appeal a drug-test penalty to the Committee on Competitive Safeguards and Medical Aspects of Sports (or a designated subcommittee). The committee may reduce the legislated penalty to withholding the student-athlete from the next 50 percent of the season of competition or provide complete relief from the legislated penalty. If the committee requires the student-athlete to fulfill the legislated penalty, or be withheld from the next 50 percent of the season of competition in all sports, the student-athlete shall remain ineligible until the prescribed penalty is fulfilled and he or she tests negative.” NCAA Bylaw, Article 18.4.1.5.5

E. NCAA’s Drug Testing Program

Student-athletes may be subject to testing under the following circumstances:

- All student-athletes are subject to NCAA testing at NCAA championships.
- Student-athletes may be tested before, during, or after NCAA championship events.
- At NCAA team championships, student-athletes may be selected on the basis of position, competitive ranking, athlete’s financial aid status, playing time, random selection, or other NCAA-approved selection method.
- For team championship testing, student-athletes may be selected from the official travel party roster, official gate/credential list, championship participation sheets, or official championship form.
- At NCAA individual championships events,

selection of student-athletes may be based on competitive ranking, random selection, position of finish, or other NCAA-approved selection method.

For further information regarding the NCAA's Drug Testing protocols, please refer to the NCAA's [Drug Testing Program](#).

Tobacco Ban

"The use of tobacco products by a student-athlete is prohibited during practice and competition. A student-athlete who uses tobacco products during a practice or competition shall be disqualified for the remainder of that practice or competition." (See [NCAA Bylaw, Article 17.1.6.3.](#))

Gambling

[NCAA Bylaw, Article 10.02.1.](#) "Sports wagering includes placing, accepting, or soliciting a wager (on a staff member's or student-athlete's own behalf or on the behalf of others) of any type with any individual or organization on any intercollegiate, amateur, or professional team or contest. Examples of sports wagering include, but are not limited to, the use of a bookmaker or parlay card; Internet sports wagering; auctions in which bids are placed on teams, individuals, or contests; and pools or fantasy leagues in which an entry fee is required and there is an opportunity to win a prize."

[NCAA Bylaw, Article 10.2.2.](#) "A wager is any agreement in which an individual or entity agrees to give up an item of value (e.g., cash, shirt, dinner) in exchange for the possibility of gaining another item of value."

[NCAA Bylaw, Article 10.3.](#) "The following individuals shall not knowingly participate in sports wagering activities or provide information to individuals involved in or associated with any type of sports wagering activities concerning intercollegiate, amateur or professional athletics competition:

- a. Staff members of an institution's athletics department;
- b. Nonathletics department staff members who have responsibilities within or over the athletics department (e.g., chancellor or president, faculty

athletics representative, individual to whom athletics reports);

- c. Staff members of a conference office; and
- d. Student-athletes."

[NCAA Bylaw, Article 10.3.1.](#) "The prohibition against sports wagering applies to any institutional practice or any competition (intercollegiate, amateur, or professional) in a sport in which the Association conducts championship competition . . . and in emerging sports for women."

[NCAA Bylaw, Article 10.3.1.1.](#) "The provisions of Bylaw 10.3 are not applicable to traditional wagers between institutions (e.g., traditional rivalry) or in conjunction with particular contests (e.g., bowl games). Items wagered must be representative of the involved institutions or the states in which they are located."

[NCAA Bylaw, Article 10.3.2.](#) "The following sanctions for violations of Bylaw 10.3 shall apply:

- a. A student-athlete who engages in activities designed to influence the outcome of an intercollegiate contest or in an effort to affect win-loss margins ("point shaving") or who participates in any sports wagering activity involving the student-athlete's institution shall permanently lose all remaining regular-season and postseason eligibility in all sports.
- b. 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 institution's determination that a violation has occurred and shall be charged with a loss of a minimum of one season of eligibility. If the student-athlete is later determined to have been involved in a later violation of any portion of Bylaw 10.3, the student-athlete shall permanently lose all remaining regular-season and postseason eligibility in all sports."

The full text of the 2019–20 NCAA Division III Manual is available at: www.ncaapublications.com/productdownloads/D320.pdf.



Sports Medicine

For complete information regarding Middlebury's sports medicine services, please refer to the [sports medicine website](#).

Training Room Procedures

A. Services for Student-Athletes

The Sports Medicine Department will provide services 30 days prior to the start of, and during, a student's intercollegiate competitive athletic season, to any student who is a member of an intercollegiate team. This policy also applies to club rugby and club crew.

The sports medicine staff will refer out-of-season student-athletes or any long-term in-season athletes who require assistance with management and rehabilitation of injuries to University of Vermont Health Network Physical Therapy, which operates a clinic in the Sports Medicine Department.

B. Hours of Operation

The hours of 2:30–4:30 p.m. are reserved for practice and game treatment of in-season athletes. No appointments are taken after 2:30 p.m. After 4:30 p.m., athletic trainers are at the various practice venues, with minimal staffing of the training room; therefore, only emergencies are seen at this time. In all other cases, in order to receive treatment or have an injury assessed, athletes must make an appointment with their respective team athletic trainer on weekdays.

Weekend hours are determined by scheduled contests and no other service is provided. Appointments can be made by accessing your student portal.

C. Clothing

Athletes must bring clothing that will facilitate treatment in the training room (e.g., an athlete with a knee injury should wear shorts). Sports equipment in the training room is prohibited.

Physical Exams/NCAA Annual Health Update and Demographic Form

All first-year and first-time intercollegiate athletes (including club rugby and crew) are required to have a physical exam no later than 6 months prior to the start of their competitive

season. The medical history and physical exam form is sent on July 1 in a college email packet called Orientation Packet. These forms need to be uploaded to the students health portal by the end of July so that they can be reviewed by the staff and any deficiencies addressed. In addition, all athletes, first time or returning, must complete an NCAA annual health update, sickle cell trait form, and demographic form online, located in their student portal.

All forms must be completed before a student is allowed to participate. For more information see [go/sportsmed](#).

Health Insurance/Sports Accident Insurance Policy

In response to new federal regulations, Middlebury College now requires all students enrolled in classes on the Vermont campus to either purchase the Student Health Insurance Plan offered by the College or sign a waiver indicating that the student is covered by a comparable U.S.-based plan. Students who do not sign the waiver will automatically be billed for College-sponsored health insurance. The waiver can be completed online at [Arthur J. Gallagher & Co](#). In addition to the student's plan or College-sponsored plan, as applicable, the College provides all its students with a \$5,000 accident policy, which is secondary to the student's plan or College-sponsored plan. Beyond the College's accident policy, the College also carries a sports rider for all its intercollegiate sports teams up to the \$90,000 NCAA minimum. This policy, as well, is secondary to the student's plan or College-sponsored plan, as applicable, and only pays after the College accident and sports rider mentioned previously has been exhausted.

The Sports Accident Insurance Policy (Sports Policy), provided by Middlebury College, is offered on an "excess" basis to any other health insurance policy, such as the parent's plan. This means that the Excess Sports Policy will always pay secondary to any other valid and collectible health insurance plan. It is the student-athlete's responsibility to initially submit his/her medical claims to the primary insurance policy. Once payment is completed, the remaining balance of expenses not covered by the primary insurance is then submitted

to the Excess Sports Policy and will be based on outstanding amounts (including/excluding applicable deductible).

For further information, please refer to Middlebury's Athletic Insurance Policy regarding medical insurance coverage for athletic injuries.

Confidentiality

No communication between the counselors, physicians, athletic trainers, and student-athletes will be released beyond the health services except in cases of immediate danger or serious harm to someone, or when the student has provided written permission to release information.

When a student-athlete discloses information

regarding a medical situation, the information should be considered confidential and not discussed with people other than medical professionals. No information should be discussed with team members regarding why a student-athlete is not participating, unless the student-athlete decides that they are willing to tell the team. Coaches should notify the certified athletic trainer responsible for their team about any concerns regarding the status of one of their student-athletes.

For complete information regarding Middlebury's sports medicine services, please refer to go/sportsmed.

Academics

Missed Class Time/Explained Absences

The list of scheduled athletics contests has been approved by the Athletic Policy Committee of the Faculty ("APC") acting under guidelines set forth in the Middlebury College Handbook. This list tells the faculty when legitimate absences from class may be expected because their students are involved in a sanctioned athletic event scheduled for that date. The APC regards these lists as informative. They are an *explanation* for an absence, but they do not imply that the student is excused from the obligations of a course or the class work missed. For further information on the distinction between explained and excused absences, please see the Middlebury College Handbook on Attendance and Guidelines for Handling Athletics—Explained Absences (www.middlebury.edu/about/handbook/ug-college-policies/ug-policies/academics/course-reg-course-conduct).

Although faculty members are expected to make their policy on course attendance clear at the beginning of each course, *it is the individual student's responsibility to consult with their instructor as to the effect of explained absences.*

Student-athletes should be given a list of dates and times of scheduled games by their coach no later than the first day of classes in any term or semester in which they are involved in a varsity/junior varsity sport, or in the case of winter or spring sports, by whichever comes first, the first preseason meeting or the first day of

practice. Student-athletes should compare each class schedule with their schedule of games. For any course in which there is a potential conflict between academic and athletic schedules, it is the student-athlete's responsibility to contact the professor during the first week of class, or as soon as the scheduling conflicts are known (for example, in the case of winter sports that begin late in the fall term) and do the following:

- Identify times of conflict
- Together arrive at an understanding of how missed work/class might be made up

Please note:

- Professors will do their best to accommodate student-athletes' needs within reason.
- The professor will make the final decision as to how the missed work is to be made up. In cases where the student-athlete approaches the professor at the beginning of term, it is the professor's responsibility to arrive at this decision in time to drop/add in situations where the professor's decision is unsatisfactory. There are some cases for which there may be no satisfactory makeup possible.
- Conflicts with official practices are also possible in the case of special class events, such as a guest lecturer. In such cases, student-athletes should discuss the situation with their professor and coach, and make a decision with full understanding of the ramifications of the decision.
- Student-athletes should resolve conflicts through discussions with their professor and coach. If

there are difficulties, student-athletes should consult their Class Dean.

Note that missing a regularly scheduled class for a practice in no way constitutes an explained absence and is not expected or mandated by coaching faculty.

As team leaders, captains should encourage team members to meet with professors to discuss possible conflicts. Captains should ensure that team members are aware of these guidelines on explained absences and understand that the process is one of negotiation between the coach, student, and professor.

with various teams.

Objectives:

- To enhance communication between faculty and students, and provide additional mentoring resources for student-athletes
- To provide faculty members with a more complete understanding of the mission and application of intercollegiate athletics and enhance their awareness of the responsibilities of Middlebury student-athletes

List of Faculty Affiliates

Community Service



Facilities

Hours of Operation

General Hours

Fitness Center

Natatorium

Climbing Wall

Kenyon Arena

Pepin Gym

Nelson Rec Center

Virtue Field House

Questions regarding the facilities or hours should be directed to **Franklin Dean-Farrar** at fdeanfar@middlebury.edu.

Use of Athletics Facilities

Everyone using the athletic facilities should enter through the main entrance of the Peterson Family

Athletics Complex or the squash facility entrance. Facility use is for Middlebury College student, faculty, staff, and alumni ID cardholders *only*. Guests may accompany ID cardholders on a one-on-one basis only. Anyone using the field house complex must show their ID upon request of the student monitors. From 3:00–7:00 p.m. Monday through Friday, when classes are in session, the use of facilities is for Middlebury College student, faculty/staff ID cardholders only. No alumni, guest, or faculty/staff children are permitted to use the facilities during these hours.

- Alumni and guests are required to sign in and out at the monitor's desk.

- Children of faculty and staff age 15 and under must be accompanied and supervised by an ID cardholder and may use the facility during off-peak times only. *No children under the age of 12 are permitted in the Fitness Center, even if accompanied by an adult.*
- Children of faculty and staff age 16 and over may use the facility during off-peak times by showing their parent's college ID and proof of their own identity to the monitor at the front desk. They may not bring guests.
- When classes are in session, from 3:00 p.m. to 7:00 p.m., Monday through Friday, the use of the facilities is for Middlebury College student, faculty, and staff ID cardholders only. No alumni, guests, or faculty/staff children may use the facilities during these hours.
- A Middlebury College ID is mandatory for admittance into the Fitness Center and

Natatorium.

Reservation of Athletics Facilities

Please use this link, <https://www.middlebury.edu/Coach-Form> to reserve an athletic facility for any team-related event.

Tennis court reservations can be made by using our [online sign-up form](#). For questions, call 802-443-5250.

For all other events, please contact the Department of Event Management.

Note: Alcoholic beverages are not permitted in any athletic venue unless approved by the College in accordance with the College's policies and Vermont State law. All inquiries and requests regarding alcohol-related events should be submitted to the Department of Event Management.

Equipment Room, Gear, and Lockers

In-Season Athletes

Equipment, practice gear, and lockers will be issued at the beginning of the season to every student-athlete who has been cleared by their coach. Practice gear is laundered on a daily basis, Monday through Friday. There is no laundry service on weekends. Game gear is issued prior to each scheduled event and must be returned immediately following that event or upon return to campus after an away event. Failure to return game gear at this time may result in laundry service being suspended.

After the last event of the season, all equipment and practice gear must be returned to the equipment room according to the procedures

outlined by the equipment room. A student who fails to return equipment will be billed.

Out-of-Season Athletes

Out-of-season student-athletes can use the general locker room. They must provide their own lock, and they must remove the lock before they leave at the end of the school year.

Hours of Operation

Equipment room hours are 6:00a.m. to 2:30p.m., Monday–Friday during the regular school year.

Other Team-Related Policies

Overnight Recruiting Visits/Host Responsibilities

When visiting campus, prospective student-athletes ("prospectives") are expected to adhere to the policies in the Middlebury Handbook. The role of the student-host is to provide the necessary support so that the prospective has a positive and safe experience during the visit. Student-hosts are expected to help prospectives understand that they should be respectful toward others and that they are accountable for their behavior. In addition, student-hosts are subject to the following:

- They must review and sign the prospective's letter, and they must adhere to the rules stated

therein.

- Student-hosts must comply with Middlebury's Alcohol and Other Drugs Policy at all times. In addition, all student hosts, including those who are of legal drinking age, are prohibited from consuming alcohol during the prospective's visit.
- Student-hosts are reminded that the legal drinking age in Vermont is 21; supplying alcohol to those who are underage and/or the use of or supplying of controlled/illegal substances are violation(s) of College policy and are punishable by law.
- The student-host must accompany the prospective at all times (unless other

arrangements are made in advance with the coach). If the prospective possesses or consumes alcohol or banned illegal substances during the visit, or if any other issues, problems, or concerns arise in connection with the conduct or the well-being of the prospective, the student-host must immediately contact the Department of Public Safety and the coach or the assistant coach. If there is an emergency, please call the Department of Public Safety at 802-443-5911.

For safety and security reasons, the name and phone number of the prospective and the student host will be on file with the Department of Public Safety prior to the prospective's visit. While on campus, prospectives are expected to carry identification with them. A picture driver's license or similar ID will suffice. Emergency medical treatment will be provided by the Emergency Room at Porter Hospital. Because of insurance issues, prospectives cannot be treated on campus.

Student-Athletes on Campus During College Recess

Student-athletes who are required to be on campus while the College is in recess (e.g., Thanksgiving recess, December recess, winter term recess, spring recess) should be aware of the following policies and guidelines:

- The Department of Public Safety will grant access card privileges to all student-athletes who are approved to remain during recess or return early. Student-athletes should check with their coach to make sure that they are on Public Safety's approved list.
- Coaches will inform their players of their approved residence hall return date during the recess (this date may be prior to the first practice date).
- Student-athletes should be aware that, when the College is closed, regular residential life staff support will not be available.
- Each student-athlete should designate a teammate who can check on them in the event of illness or injury.
- Student-athletes must clean up after themselves and put trash into the appropriate containers, etc.
- Student-athletes may not have guests or other students in the residence halls while the College is closed.

• Student-athletes who need support should contact their coach. Coaches are responsible for student life-related matters such as the following:

- Handling changes in travel plans
- Confirming approved arrival date
- Assisting ill students with their meals
- Arranging for transportation on or off campus
- Parent notification
- Coaches must be notified immediately if the student-athlete's arrival date changes. The coach will notify Public Safety of the new arrival date.
- Public Safety will notify the coach if there is any issue with a student-athlete.
- If a student-athlete is ill or significantly injured, the student-athlete should not be on campus during the recess. The College does not have the resources in place to assist ill or injured students during this time. Student-athletes should discuss this directly with their coach prior to returning to campus.

The Department of Public Safety will be working with minimum staffing levels during College breaks. However, Public Safety will respond to/assist with health and safety emergencies. The public safety officer can request an ambulance when necessary and can provide transport to the hospital when appropriate.

NESCAC Practice Regulations

Starting/ Ending Dates

A. Fall

1. Football: The starting date for practice shall be in accordance with the number of practice opportunities as defined by NCAA regulations. The end date shall be the second Saturday in November.
2. Cross Country, Field Hockey, Soccer, and Volleyball: The starting date for preseason practice shall be in accordance with the number of practice opportunities as defined by NCAA regulations and counted back from the first permissible NESCAC date of competition (excluding scrimmages, exhibitions, joint practices, etc.). The end date shall be the respective NCAA Championship selection date (*Effective: 7/1/00; Adopted 4/26/00; Revised 11/18/03; 4/15/09; 4/27/16; 4/29/20; 4/20/22*) A team selected for NCAAs may continue to

practice while participating in the championship.

3. Golf, Rowing, and Tennis: The starting date shall be September 7 or the first day of classes, whichever is earlier. The end date shall correspond with the end date for competition as listed above in **II.C.3.a.** (Revised 4/27/16)

B. Winter

Winter: The start date shall be October 22 in all sports. The end date shall be the respective NCAA/National Championship selection date. A team selected to participate in the NCAA/National Championship may continue to practice while participating in the Championship. (Revised: 04/27/16; 04/19/23)

1) Exceptions

• a) Alpine Skiing

May begin prior to October 22 if snow is available and continue if snow is available after the last meet of the season. All practice activities must adhere to NCAA limitations. (Revised: 4/23/23)

• b) Nordic Skiing

May begin the first Monday in October and continue after the last meet of the season. All practice activities must adhere to NCAA limitations.

C. Spring: In all sports, the first Monday on or after February 3. The end date shall be the respective NCAA Championship (or equivalent national championship) selection date. A team selected for NCAAs (or equivalent national championship) may continue to practice while preparing for and participating in the Championship. (Revised: 4/23/23)

Out-of-Season

All out-of-season activity must be strictly voluntary and should never conflict with any academic obligation. Participation can never be a condition for making a team.

Exceptions for 2023/24 – 2025/26 Academic Years
There are several exceptions to out-of-season regulations for academic years 2023/24 through 2025/26. The exceptions are detailed below and are in effect only during this time. Guidelines must be communicated by the Director of Athletics to all coaches and team members on an annual basis. (See Appendix X)

Out-of-Season Development Segment

1) Fall and spring one-segment sports may conduct a maximum of 16 optional days of athletically related activity, with a maximum of 10 practices (e.g., on court, on ice, on field, etc.). Remaining days may be used for other events such as leadership training and meetings, community service, team building and film sessions/chalk talk. Any athletically related activity by any member of the team shall constitute the use of a day. All activity must adhere to NCAA rules related to the non-traditional season.

2) No contact is permitted in football and no equipment (e.g., blocking sleds) except footballs, hand shields and helmets may be used during the 10 practice days. The out-of-season development segment for football must be conducted over a consecutive 5-week period.

3) Activity in the fall may begin on September 7 or the first day of classes, whichever is later. Activity in the spring may begin on the first day of classes after January 1. No activity may take place during J-term, school breaks, reading period, or within five weekdays of final exams.

4) No more than four days of athletically related activity may occur in any given week.

5) No competition is permitted.

6) Each coach must submit a plan/syllabus to the AD prior to the development segment.

7) Winter sport teams and two-segment/period sports may conduct a maximum of five voluntary leadership meetings outside the playing and practice season in accordance with NCAA rules.

Testing of Teams

Testing must be conducted during the playing and practice season and in accordance with NCAA rules.

Out-of-season testing for single segment fall and spring sports must be counted as one of the 10 permissible practice days.

a. Permitted Out-of-Season Activities

1) Organizational meetings at which there is no coaching or physical activity.

2) One team meeting and one individual meeting for student-athletes for an athletics purpose.

These meetings are intended as season wrap-up meetings for the team and to provide feedback to individuals. They may not include leadership or team building activities. (Effective: 8/1/22; Adopted: 4/20/22)

3) Community service activities.

4) Educational programming (e.g., alcohol education, hazing education).

5) Student-athletes may volunteer to work in

sport-based clinics for youth provided:

- a) Clinics are conducted when classes are not in session, and
- b) Student-athletes work no more than two days in any given sport in an academic year.

b. Out-of-Season Activities on Campus (see exceptions noted above)

- 1) Must be open and advertised to all students.
- 2) No coaches may be present.
- 3) These activities are a “free play” environment. They are not to duplicate a practice that would be led by a coach; there may be no scripting of activities.
- 4) Any equipment provided must be available to all students.
- 5) Contests with outside teams or other colleges are prohibited (including small-sided games/competition).
- 6) Reservation of facilities for specific sport practice is prohibited. Safety of participants and non-participants is the only condition under which facilities may be scheduled for a specific activity.

c. Out-of-Season Activities off Campus

- 1) Organized, institutionally supported and/or affiliated out-of-season practice and competition that take place off campus are prohibited. Individuals who choose to participate in athletics off campus do so at their own risk and may not infer from their participation that the activity is affiliated in any way with the institution.

- 2) Off campus facilities may not be reserved for a varsity team activity, however an institution may arrange for off campus space for recreational activities.

d. Out-of-season strength and conditioning is to be conducted in accordance with NCAA rules. (Effective: 8/1/22; Adopted: 4/20/22)

e. Testing of Teams (*See exceptions above for 2023/24-2025/26*)

Out-of-season physical fitness testing of teams by staff members is permissible under the following circumstances:

- 1) Testing for fall, winter and spring sport teams must occur during the playing and practice season.
- 2) For single-segment fall and spring sports (baseball, field hockey, football, lacrosse, soccer,

softball and volleyball) one one-day testing session is allowed. The testing may not take place in the six week period preceding the start of the season and must fall within the NCAA non-traditional segment.

- 3) Sport skill testing is prohibited.

f. Education, Monitoring and Enforcement

- 1) The responsibility for educating, monitoring and enforcing the rules and philosophy regarding out-of-season activities lies with each head coach and the Director of Athletics. Each institution's educational process must be articulated and ongoing and should involve members of the faculty and deans.

- 2) Education on the rules regarding out-of-season activity and the philosophy behind them should happen annually. The Director of Athletics will remind the faculty of these rules on an annual basis and each head coach and a representative of the athletic administration will meet with each team for this purpose.

- 3) The Director of Athletics will report concerns to the appropriate Senior Officer as they occur. Violations and consequences will be reported to the Conference office.

E. Squad Sizes

Note: The squad size policy detailed below is suspended for the 2022, 2023, and 2024 seasons. Teams are limited to a 75-player dress and travel squad for game days. The suspension of the policy will end following the 2024 season and the 75-player squad size limitation will be in effect for the 2025 season.

1. Football

Football squads will be limited to a maximum roster of seventy-five (75), which shall be reached by the Friday before the first game. At the time the roster is submitted, each team is permitted to add one injured player (as the 76th player). The player's ability to return to play during the season must be unknown or in doubt at the time the roster is submitted to the conference office.

The athletic director of the institution will approve the request and report to all athletics directors at a meeting following the conclusion of the football season of the exception granted (including the medical circumstances and the player's participation during the season).

(Effective: 9/21/2001; Adopted: 12/16/97; Revised: 4/17/08)

F. Post-Season Competition

Any type of post-season competition is to be understood as exceptional and the decision on whether to participate lies wholly within the jurisdiction of each member institution. Post-season competition for individuals and teams is permitted only if the post-season event appears on the list of NESCAC Sanctioned Championships, Qualifying Tournaments and Season-Ending Events (see Appendix I).

The following specific guidelines should further inform any such decision:

1. Individual Sports

Any type of post-season competition for individual performers is permitted.

2. Team Sports (except football)

a. All teams (except football) are permitted to participate in one season-ending championship event deemed appropriate, normally an NCAA Division III event. (*Adopted: 4/22/98; Effective: 9/1/01; Revised: 4/26/07*)

b. As soon as mechanisms to determine conference champions are created, ECAC competition will no longer be permitted except in instances where it is determined that ECAC competition (or another approved post-season sanctioned event) is more appropriate than NCAA national competition. (See Appendix VIII for 4/22/98 statement)

Team Travel

All student-athletes are required to conduct themselves in an appropriate and respectful manner at all times while traveling with their respective teams. Middlebury College student-athletes are subject to all Middlebury College policies at all times (including, but not limited to, Middlebury's Alcohol and Other Drugs Policy).

Foreign Travel

In accordance with NESCAC rules, varsity athletic teams may participate in foreign travel under certain conditions. For additional information about the NESCAC Foreign Travel Policy, student-athletes should consult with their coach or the director of athletics.

Student Drivers

A. License

All students, faculty, and staff who drive on college business are required to obtain a Middlebury College Driver's License. All drivers must be at least 19 years old and hold a valid United States or Canadian driver's license.

B. Driving Classes

To obtain a Middlebury Driver's License, drivers must complete the required online Driver Training(s) and submit a complete application. In order to drive an 11, 12 or 15-passenger van or larger vehicle, drivers are also required to take an over the road driving test. The online Driver Training program and application must be completed prior to scheduling the road test. Students can access Driver Training(s) in the Vector Solution training system using the links below:

- [Middlebury College Driver Training Part 1](#) – Required course for all vehicle types
- [Middlebury College Driver Training Part 2](#) – Required after Part 1 for drivers of 11, 12 and 15-passenger vans. (15-passenger vans only hold 11 passengers. Last row of seating has been removed.)

After completion of the online training, complete this driver's [license application](#) and email drivers@middlebury.edu copies of your Certificate(s) of Completion. If you need to drive an 11, 12 or 15-passenger van or larger, include a request to schedule a road test appointment when emailing the certificates, along with information pertaining to the class, event, activity or sport you primarily plan to utilize the 15 passenger vans for. Please note that a Motor Vehicle Records check will be conducted on all persons applying for a Middlebury College Driver's License.

C. Private Car Use

Whenever student-athletes use their private vehicle for travel, a *Private Vehicle Travel Form* must be completed and turned in to the athletics office prior to departure.

D. Request for Use of Vehicles

All requests for College vehicles must be made through the assistant to the director of athletics. Also, please note the following:

1. Inform Purchasing of any maintenance problems.
2. All vehicles traveling to the same contest must have cell phones in case of an emergency. Cell phone use must be in accordance with state law.

3. Return vehicles in the same condition (clean!) as when taken. Windows must be closed and doors locked when returning the vehicle.
4. All fuel purchases must be made using the credit card attached to the vehicle's key ring. The receipt for all fuel purchases must be saved and returned with the vehicle rental paperwork upon return.
5. In the event of a vehicle breakdown, contact Public Safety at 802-443-5911 and arrange to have the vehicle towed to the nearest dealer—Ford, Dodge, or Chevrolet.

E. Use of Seat Belts

Seat belts are required for all passengers in College-owned and/or -rented vehicles, particularly the 7- and 15-passenger vans.

F. Travel and Alcoholic Beverages

Under no circumstances will alcoholic beverages be allowed in any vehicle transporting Middlebury College students. It is the responsibility of the coach to ensure enforcement of this policy.

For further information, please contact **Jesse Stratton**, director of environmental health and safety coordinator, at 802-443-3020 or jstratton@middlebury.edu, or consult the College's Driver's License Policy.

Media Requests

Student-athletes should not respond to any media requests (via e-mail, phone, mail, or otherwise) without first obtaining permission from Director of Athletic Communications **Nick Lewis**, 802-443-3375 or sid@middlebury.edu.

