



**Millennia Atlantic University
Athletic Department
Student-Athlete Manual of Rules and Regulations**

Millennia Atlantic University (MAU) is a proud member of the New South Athletic Conference (NSAC), a recognized intercollegiate athletic association committed to fostering competitive excellence and academic integrity. The MAU Athletic Department adheres to the rules, standards, and eligibility requirements set forth by the NSAC. In addition, where applicable, MAU may adopt best practices and regulatory guidance from other national governing bodies such as the National Association of Intercollegiate Athletics (NAIA), the National Collegiate Athletics Association (NCAA), or the United States Collegiate Athletic Association (USCAA) to enhance the student-athlete experience.

Welcome Student-Athletes:

Congratulations to all of you for your academic and athletic achievements thus far. You are now entering a fascinating part of life, and we can't wait to see what you do as a collegiate student-athlete. On behalf of the Millennia Atlantic University Athletic Department Team, welcome to the MACAW Community and the 2025-2026 Athletic season!

The student-Athlete Manual provides information concerning policies and procedures for the Athletic Department. The Millennia Atlantic University Catalog and the Student Manual contain information on the policies and procedures of the University.

As a student-athlete, you are privileged to have a college experience unlike others, do not take this for granted, and remember that you are a student first! We expect you to keep up with your classes and to graduate. Therefore, we encourage all student-athletes to take advantage of all the academic services and resources available. We expect all student-athletes to embody the MAU Athletic Department core values:

Sportsmanship, Integrity, Passion, Service

Please read this Student-Athlete Manual in its entirety. If you have questions, or are unsure about something, or need help with anything, please do not hesitate to speak up. We are here for you. Our door is always open.

We want to see all student-athletes become successful through their experiences at MAU. Together we will strive to make MAU the top destination for student-athletes wishing to discover their potential and the world!

WELCOME MACAWS!

ATHLETIC MISSION STATEMENT:

The Mission of the Athletic Department is to support student-athletes in their efforts to achieve excellence on and off the field.

VALUES:

All staff, coaches, and student-athletes on and off the field should demonstrate the values of the Department through ~ **Sportsmanship, Integrity, Passion, and Service** ~

STUDENT-ATHLETE CONDUCT:

Participation in intercollegiate athletics is a privilege not extended to all college students. Student-athletes are visible ambassadors of their Teams, the Department, and the University. As such, the Athletic Department and the University expect student-athletes to behave in a manner that always reflects the values of the Department.

General

- Student-athletes are expected to positively contribute to their Team and the Department, uphold the core values listed above, and comply with all Department, University, and Conference rules and regulations.
- Student-athletes are expected to be involved and engaged members of the University community, including completing **20 service hours per semester and 40 service hours per academic year.**
- Student-athletes are expected to protect their health and safety; and seek help when needed.
- Student-athletes are prohibited from consuming alcohol while participating in any Department event, including practices, meetings, team travel, and other events.
- Student-athletes are prohibited from using any illegal drugs, including performance-enhancing drugs, at all times. The Department may conduct randomized drug testing of student-athletes during their competitive season.

Academics

- Student-athletes are expected to take responsibility for their academic commitment and are expected to meet the University's Satisfactory Academic Progress (SAP) Policy.
- Student-athletes are expected to enroll at least twelve (12) semester hours for undergraduates and at least nine (9) semester hours for graduates.
- Student-athletes are expected to attend class, be punctual, participate in class, not be disruptive, and inform professors of expected absences due to team travel or other official events.
- Student-athletes may be subject to suspension from team activities if they do not meet the academic expectations set above.

Athletics

- Student-athletes are expected to maintain eligibility to participate in intercollegiate, non-club competitions.
- Student-athletes are expected to treat teammates, opponents, officials, and spectators respectfully and courteously.
- Student-athletes are expected to attend and be punctual to all Team and Department practices and sessions, including team meetings, administrative meetings, competitions, and other required events.
- Student-athletes are expected to wear appropriate attire, including practices, team travel, and other events while representing the Department and the University. Formal functions may require student-athletes to wear business or business casual attire.

Media Communications

Before speaking to the media or scheduling an interview, all student-athletes should follow these guidelines:

- Communicate media requests to the student-athlete Coach and the Athletic Director (AD); they may involve the University's Marketing Department.
- The University's Marketing Department is responsible for all publicity materials released.
- When speaking with the media or doing an interview, please be courteous, professional and project the Athletics Department's core values.

Before posting to social media, student-athletes should consider:

- Student-athletic online activities are subject to the same rules that apply to you otherwise, including laws that prohibit things like bullying, harassing, hazing, illegal drug use, and disclosing others' private information without consent.
- Student-athletic online activities could give your competitors an edge if disclosing team information, such as injury reports, game plans, strategies, or recruiting information.
- Student-athletic online activities may put the Team or teammates' safety at risk if disclosing team itineraries, addresses, phone numbers, or other personal information.

Team Travel

Student-Athletes are responsible for planning absences from classes and making arrangements to make up missed work ***before*** traveling with their Team. It is a privilege to be a collegiate student-athlete and an extra benefit to be considered for travel. Student-athletes must follow their Team's travel protocols on dress code, study time, and curfews, or they may risk losing their travel privileges.

Prohibited behavior

Prohibited conduct includes, but is not limited to, sexual misconduct, physical abuse, emotional misconduct, bullying, harassment, and hazing.

- These behaviors may result in suspension or dismissal from the Athletic Department.
- Examples of misconduct include stalking, intimidation, cyberbullying, unwanted physical contact, and discriminatory harassment.
- All incidents must be reported to the AD immediately.
- The University will ensure due process and a fair hearing for all parties involved.
- Retaliation against reporters or participants in investigations is strictly prohibited and may lead to further sanctions.

COMPLIANCE & ELIGIBILITY:

General Compliance

Although MAU is not currently a member the National Association of Intercollegiate Athletics (NAIA), National Collegiate Athletics Association (NCAA), or the United States Collegiate Athletic Association (USCAA), the MAU Athletic Department may adopt best practices and regulatory guidance from NAIA, NCAA, and USCAA, where applicable.

The AD has several functions, which include educating, monitoring, and performing certain compliance related functions such as developing policies and procedures; as well as investigating, enforcing, and reporting violations of the rules and regulations.

As a student-athlete, any potential rule violations **MUST** be reported to the AD so that they may act appropriately. It is not sufficient to notify the student-athletes coach. If student-athletes have any questions regarding rules and regulations, ask the student-athlete coach or contact the AD.

Academic Eligibility

The AD responsibilities also include educating, monitoring, and performing eligibility functions. Specifically, the AD determines your eligibility to compete as a student-athlete.

Student-athletes must meet the following requirements to be eligible for intercollegiate, non-club level competition:

- Student must graduate from an accredited high school or have earned a graduate equivalent degree.
- Student must be enrolled in a recognized academic program and be making progress towards a 2 or 4-year degree.
- Student must be enrolled in a minimum of 12 credit hours at the undergraduate level or 9 credit hours at the graduate level.
- Student entering their second or third or fourth semester must have achieved a GPA of 1.75 and must achieve and maintain a 2.0 GPA in entering subsequent terms (entering 5th term or entering junior year or entering 3rd year).
- Student must have been enrolled in and passed 24 credit hours in the two preceding terms of attendance.
- Summer and mid-term credit hours can be used to satisfy the 12 and 24 credit hour rule and GPA requirement. Summer credit hours are associated to the preceding spring term for eligibility purposes.

Name, Image, and Likeness (NIL)

Florida law (F.S. 1006.74) permits student-athletes to receive compensation for the use of their Name, Image, and Likeness (NIL) from third parties, effective July 1, 2021.

- Student-athletes must follow MAU policies and report all NIL agreements to the Athletic Director (AD) no less than five (5) business days prior to execution.
- Permissible NIL activities include social media endorsements, public appearances, autographs, and promotional events.
- Compensation must reflect actual services rendered and cannot be based on athletic performance or attendance.
- All agreements must include a description of services provided and compensation received.
- MAU prohibits NIL activities involving adult entertainment, alcohol, gambling, tobacco, or controlled substances.

- Failure to disclose NIL agreements may result in disciplinary action or loss of eligibility.

Amateurism Status

Student-athletes must maintain their amateur status to remain eligible for intercollegiate, non-club level competition. A student-athlete will lose their amateur status if they engage in any of the following:

- Enters into an agreement with an agent (other than for NIL).
- Enters into an agreement with an NIL agent for representation outside of NIL and/or the agreement extends beyond the student's collegiate eligibility.
- Is represented by an agent or organization to market their athletic skills or reputation (other than being represented in NIL activities).
- Uses their athletic skill, directly or indirectly, for compensation in any form, including reimbursement of expenses or any other form of financial assistance.
- Accepts the promise of pay even if such payment is to be received following completion of intercollegiate athletics participation.
- Signs a contract or commitment of any kind to play professional athletics, regardless of whether or not he/she is paid.
- Competes on a professional team after full-time enrollment.
- Enters into a professional draft after full-time collegiate enrollment.

Gambling/Bribery

Student-athletes are prohibited from the following activities:

- Participate in **ANY** gambling activity that involves intercollegiate or professional athletics through a bookmaker, a parlay card, or any other method employed by organized gambling.
- Exchange information about one's Team with anyone who gambles, including details about injuries, new plays, team morale, discipline problems, etc.

Class Attendance Policy

Class attendance is an integral part of successful completion of the University's degree

programs. Students are expected to be present for all class meetings of the course(s) in which they are enrolled. Faculty members track attendance. The student is responsible for notifying his or her faculty member in writing regarding an impending absence with as much advance notice as possible. Students may be considered justifiably absent due to religious observances, illness documented by a physician or other appropriate healthcare professional, documented personal or family emergencies, or other documented extenuating circumstances, as determined from review of the situation at the discretion of the University's administration. When a student cannot attend a class, it is the student's responsibility to contact his or her instructor and make arrangements to complete any missed assignments or other work. Students with excessive non-justifiable absences must meet with the applicable Department Chair and may be placed on academic probation. If a student's absences (other than justifiable absences with make-up work completed) continue and reach over 25% of the total scheduled classes, the student will be dropped from the course.

Students participating in any of the University's athletic programs must follow the attendance requirements stated above. Classes missed due to participation in a game or official competition will be considered excused. It is the student athlete's responsibility to contact his or her instructor and make arrangements to complete any assignments or other work and meet all deadlines. Student athletes shall **not** miss class due to practice or to engage in promotional activities.

ATHLETIC TRAINING ROOM:

General Guidelines

The Department will provide Athletic Training services to student-athletes with basic medical needs for training and competition related to injury prevention and management. The Department administers basic medical services to student-athletes related to supervised training or competition activities while representing the University. The

Department does not provide full medical services, nor is the Department responsible for any medical costs outside the basic medical services of injury prevention and management.

Athletic Training Room location:

Main Campus MAU

3801 97th Ave, Doral, FL

- Student-athletes must carry their own healthcare insurance throughout the academic year.
- Student-athletes must complete a physical exam at the beginning of every academic year.
- Student-athletes are responsible for reporting injuries and illnesses to the athletic trainer.
- Student-athletes are responsible for following treatment and rehabilitation programs from the athletic trainer.
- Receiving pre-practice or routine daily treatment in the athletic training room is not a reason to miss or be late to classes or team activities.

Pre-Participation Requirements

All student-athletes must complete the following forms before participating in ANY athletic-related activity for the Athletic Department. Listing is not all-inclusive:

- **Risk Forms:** Assumption of Risk, Release of Liability & Indemnification, Consent to Emergency Medical Treatment
- **Medical History and Exam Forms:** Student-Athlete Information and Medical History, Athletic Training Medical History Questionnaire, Physical Examination
- All student-Athletes are required to maintain proper medical insurance throughout the academic year. Provide a copy of your insurance card – front and back.

- If student-athletes allow their primary insurance coverage to lapse during this period, they will be responsible for 100% of incurred costs and deemed ineligible to participate in Athletic Department activities.

Pregnancy Policy

Pregnancy is treated no differently than any other type of temporary medical condition. The Athletic Department will allow a leave of absence for pregnancy and will reinstate the student-athlete to the position held before pregnancy. Students will maintain their scholarship for the period awarded. In the interest of maintaining the good health and well-being of women participating in athletics, the Athletic Department recommends a student-athlete who suspects she is pregnant verify their pregnancy as soon as possible by a physician and follow her physician's recommendations for physical activity.

Banned Substances

The University and the Athletic Department are committed to maintaining the health and safety of student-athletes. Drug use risks direct harm to the user and damage to others. The Athletic Department firmly believes that non-therapeutic drugs and alcohol can negatively affect student-athletes' academic and athletic performance and physical and mental well-being. As part of our commitment to student-athletes' well-being, the Athletic Department follows the NCAA guidelines regarding banned substances.

The NCAA bans the following drug classes:

1. Stimulants.
2. Anabolic agents.
3. Alcohol and beta blockers (banned for rifles only)
4. Diuretics and masking agents.
5. Narcotics.
6. Cannabinoids.
7. Peptide hormones, growth factors, related substances, and mimetics.

8. Hormone and metabolic modulators.
9. Beta-2 agonists.

Substances and Methods Subject to Restrictions:

- Blood and gene doping.
- Local anesthetics (permitted under some conditions).
- Manipulation of urine samples.
- Beta-2 agonists (permitted only by inhalation with prescription).
- Tampering of urine samples.

NCAA Nutritional/Dietary Supplements:

Before consuming any nutritional/dietary supplement, please review the product and its label with the athletics department staff. ***Many nutritional/dietary supplements are contaminated with banned substances not listed on the label.***

- Nutritional/dietary supplements, including vitamins and minerals, are not well-regulated and may cause a positive drug test.
- Student-athletes have tested positive and lost their eligibility using nutritional/dietary supplements.
- Any product containing a nutritional/dietary supplement ingredient is taken at student-athletes own risk.

VISIT THE NCAA WEBSITE FOR MORE INFORMATION AND EXAMPLES OF BANNED SUBSTANCES –

<https://www.ncaa.org/sports/2015/6/10/ncaa-banned-substances.aspx>

ATHLETIC EMERGENCY ACTION PLAN:

In case of an emergency, the most crucial role is to ascertain scene safety and to identify any physical hazards that may be present.

Once scene safety has been established, CALL 911.

1. If the athletic trainer is not on site, ask someone to call 911.
2. Make sure the person calling 911 waits for the rescue team to arrive and directs them to the injured athlete's location.
3. Assess the athlete's level of consciousness.
4. If the athlete is conscious, attend to the athlete and administer first aid.
5. If the athlete is unconscious or does not respond to touch or voice, initiate basic life support.
6. If a spinal injury is not suspected, stabilize, and provide comfort to the injured student-athlete until Emergency Medical Services arrives.

GUIDANCE WHEN CALLING 911

- Name of individual making call
- Number of Injured Athletes
- Condition of Injured Athletes
- First Aid Treatment being given
- The specific location of the emergency. - venue address, directions, how to
- Other information as requested

All Athletic Department staff must be familiar with the emergency protocols for each of the venues listed below.

VENUE DIRECTIONS

BASEBALL

Tamiami Park & Claude Pepper Park

11201 SW 24th St, Miami, FL 33165 & 1255 NW 135th St, North Miami, FL 33168

RUGBY, SOCCER, & SOFTBALL

Doral Meadows Park & Doral Central Park

11555 NW 58th St, Doral, FL 33178 & 3000 NW 87th Ave, Doral, FL 33172

BASKETBALL

Doral Central Park & Doral Legacy Park

3000 NW 87th Ave, Doral FL 33172 & 11400 NW 82nd St, Doral, FL 33178

TENNIS

Doral Park Country Club & Doral Legacy Park

5001 NW 104th Ave, Doral, FL 33178 & 11400 NW 82nd St, Doral, FL 33178

VOLLEYBALL

Doral Legacy Park & Doral Central Park

11400 NW 82nd St, Doral, FL 33178 & 3000 NW 87th Ave, Doral, FL 33172

ATHLETIC DEPARTMENT STAFF DIRECTORY:

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- **Sunshine Dionora Arroyo – Head Coach of Softball**
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- **Angie Torres – Head Coach of Tennis**
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- **Aaron Vargas – Head Coach of Volleyball**
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I, _____, acknowledge that I have received, read, and understand the Millennia Atlantic University Athletic Department Student-Athlete Manual for the 2025-2026 academic year. I agree to abide by the policies, procedures, and expectations described herein.

Signature

Sport

Date