

2023-24 Warriors & Lady Warriors Team Rules

- **Be safe**—A player/coach must tie their shoes snugly, keep their hands & feet to themselves
- **Be respectful**—anything and everything that a player/coach would want someone to do for them or to them they themselves ought to do that for or to others
- **Be responsible**—A player/coach must complete every designated drill or workout; a player must acknowledge that playing time is earned it is not given
- **Stay positive**—a player/coach must use good words within every context & setting
- **Communicate**— A player/coach must use words, writing or hand gestures to express themselves to the coach & teammates; a player/coach must use their eyes & ears to listen
- **Be prompt**—A player/coach must be dressed out ten minutes prior to the scheduled Practice time; they must be at home games an hour and a half before their squad's scheduled gametime; a coach must begin Practice at the scheduled time
- If a player is absent from school without excuse then they will not practice or suit up for a game that day-
- In Practices leading up to a game if a player misses one (1) Practice then they will not be in the starting five & must submit documentation of Professional healthcare or funeral attendance for it to be excused
- If a player has two (2) or more unexcused absences from Practice then they will not play---if Practices were excused then they may suit up but playing time will be at coaches' discretion [“Unexcused Absence: Second offense—loss of eligibility for one game and athlete must attend a meeting along with their parent/guardian, coach, and administrator to evaluate the athlete's desire to be involved in the sport.”]
- If a player is academically ineligible then they may practice but they will not play nor travel--players must maintain a GPA of at least 2.0
- A player/coach must wear inside gym shoes on the Practice/playing floor
- If a player leaves the bench or Practice floor without coaches' consent then they will sit out of the next game; if coach fails to enforce this then coach will sit out of the next game
- If a player/coach has hickies anywhere on their body then that player/coach will sit out of any game(s) that week
- A player/coach must power their phone off during Practice/Games & from 11 p.m. to 7a.m. whenever staying in a motel room [phones will be turned into coach before entering the locker room, practice, before games, when exiting the bus at an away game; when it's lights-out time at motel]

- In order to play players may be required to pass a urinalysis with the possibility of an unannounced UA throughout the season [“Random testing will be performed throughout the year for...drugs”]
- If a player misses eight (8) or more Practices due to COVID-19 illness or contact tracing then player will be required to have at least two (2) Practices before they will be allowed to play.

I have read and understand the above rules and hereby agree to abide by them

Player name

Date

Player signature

Date

Parent signature

Date