

## **2020-2021 CARLISLE GIRLS BASKETBALL**

### **Code of Conduct**

All members of the girls basketball teams are expected to follow specific rules and regulations at all times throughout the season. These rules and regulations are listed below. Please read them carefully.

- 1. Attendance at all team functions (practices, scrimmages, games) is mandatory.**
- 2. A player is allowed a maximum of two unexcused absences from practice:**
  - A. First and second unexcused absence: Immediate suspension from participation in next game(s)
  - B. Third unexpected absence: Immediate dismissal from team
- 3. An excused absence is any situation where there is:** (with any excused absence the coach must be notified of the situation in written form as soon as possible)
  - A. Illness resulting from absence from school or leaving school early (doctors excuse must be given to the coach)
  - B. Extenuating home or family circumstances resulting from death or illness
- 4. Be on Time:**
  - A. Lateness to practice will result in the following:
    - i. One ten second transition for each minute of tardiness
  - B. Lateness to school results in the same penalty as being late to practice, unless it is an excused tardy
- 5. All practices are closed.** Please wait for your daughter outside the building at the end of practices and scrimmages.
- 5. Academic and school behavior:**
  - A. As a member of the team, you are expected to maintain good academic standing for the duration of the season. The coaching staff will be monitoring your grades and your teachers will be notified that any problems (academic or disciplinary) are to be brought to the attention of the coaching staff.
  - B. School athletic eligibility rules will apply.
- 6. Show respect to teachers, school district personnel, coaches, trainers and officials at all times.**
  - A. Never forget that you are a member of the Carlisle basketball program. Anything and everything that you do, whether it is basketball related or not, reflects not only on you, but also on your teammates, your coaches, the basketball program, your school and your family. You should **ALWAYS** conduct yourself in such a manner so as to reflect credit upon yourself, your team, your school, and your family.
  - B. 1<sup>st</sup> Offense = suspension from practice and game(s) for one week
  - C. 2<sup>nd</sup> Offense = immediate dismissal from team
- 7. You are responsible for all school-issued gear.** This includes practice jerseys and shorts as well as uniforms. Team issued equipment and uniforms should only be worn for team activities. They are not casual wear or for use outside of team activities. Any problems with your issued equipment should be brought to the attention of the coaching staff as soon as they are detected. You will be required to pay for any items not returned at the end of the season.
- 8. No hazing, bullying, initiations, either verbal or physical will be permitted by anyone on the team.**
- 9. Locker Room Conduct: Violations of locker room will result in team conditioning determined by the coaching staff.**
  - A. Should be kept clean and neat
  - B. Trash should be put in proper place
  - C. Clothes and school issued clothing should be placed in lockers
  - D. Practice gear must be washed
  - E. Valuables should be placed in a safe place

**10. After a game, all players should head to the locker room.** It is okay to greet your friends or family but move quickly to the locker room for a quick team meeting. At that time injuries can be checked and the coaches can make post game comments.

**11. Away games all players should:**

- A. Wear specified travel attire (failure to do so might result in the player not attending the game)
- B. Using cell phones for leisure will not be tolerated on the bus ride to the game (listening to music is permitted). Phones must be turned off or put away in the locker room.
- C. Report to the locker room with 3 minutes left in the 3<sup>rd</sup> quarter.
- D. Remember that you are a guest of the other school and conduct yourself in a respectful manner.

**12. Home games all players should:**

- A. Sit together in the stands closest to the locker rooms.
- B. Wear appropriate attire.
- C. Cell phones should be turned off and placed in the locker room.
- D. All players should be taped and in the locker room with 3 minutes left in the 3<sup>rd</sup> quarter.

**13. Specific Training Rules:**

- A. Use of alcohol, drugs or tobacco will not be tolerated (Refer to school code of conduct).
- B. No abusive language in the locker room, on the court, during practice or a game.
- C. All jewelry must be removed prior to games, practices, etc.

**14. Emergency Situations: sick, family, etc.**

- A. If not in school, please call the coach and leave a message
- B. If you go to the doctor and miss a practice, a doctor's excuse must be handed in to the coach
- C. If you leave school early, make sure the coach finds out (do not send messages with another player)

**15. Unforeseen Circumstances:** Sometimes incidents or situations arise affecting a player and/or the team. A situation may not fall in the strict area of being entirely wrong or blatantly violating rules. The coaching staff reserves the right to handle some situations on an individual basis; keeping in mind what is best for the student athlete/team.

**16. An incredible amount of physical and mental energy is required to be a member of a team.** You may need to give up outside interests in order for the team to achieve high levels of success.

**17. Violation of school conduct supersedes team rules.**

**Carlisle Girls Basketball – 2020-2021 Season**

**CODE OF CONDUCT PARENTAL AND PLAYER VERIFICATION**

The signatures below represent that the parent(s)/guardian(s) and student athlete is aware and will adhere to the Carlisle Girls Basketball Team Code of Conduct.

Mother/Father/Guardian: \_\_\_\_\_

Player: \_\_\_\_\_

Date: \_\_\_\_\_