

NESHAMINY REDSKINS GIRLS VOLLEYBALL

TEAM RULES AND REGULATIONS

As a member of this team, your coaches and fellow team members will expect you to abide by the following rules and regulations.

1. Comply with all PIAA and Neshaminy School District eligibility rules and regulations. This also includes “**SCHOOL BOARD POLICY #510 (ALCOHOL AND OTHER DRUGS)**” and the “**CO-CURRICULAR SUBSTANCE ABUSE GUIDELINES.**”
2. **TOBACCO (smoking and smokeless) and vaping use is prohibited in and out of school! VIOLATION OF THIS WILL RESULT IN IMMEDIATE DISMISSAL FROM THE TEAM!**
3. **ATTEND ALL PRACTICES!** If practice is canceled, for whatever reason, you will be notified via the Remind app, Twitter, afterschool announcement or by the volleyball website. When in doubt, contact the coach.
 - a. No player shall be absent from practice without calling, emailing, or telling a coach **before** that practice. **DO NOT** send messages with a teammate!
 - b. Only an illness which confines you to bed is serious enough not to attend practice. If not confined to a bed, you must still attend practice.
 - c. In cases of injury, the **doctor or trainer** will determine if you can participate.
4. Conduct yourself properly **in school, in the community, and on the court** because your behavior reflects on you, your parents, the team, and your coaches.
 - a. If you put anything on social media websites that **significantly** interferes with daily operation of the team, you will be dismissed from the team. *PS- You are here for volleyball, not dancing on Tik-Tok :)*
 - b. Missing school or practice the day before a game will result in not being permitted to play in the game.
 - c. School Board Policy #516 Academic Eligibility: **Maintain passing grades** and **good conduct** in all classes at all times. Failure to do so will result in a ONE GAME SUSPENSION. *I do not want to hear from your teachers about poor or disrespectful behavior. If I do, playing time will be taken from you for the **first** offense. Don't get a second!!*
 - d. In order to be eligible for participation in a practice or game, you must sign-in to school before 5th period (10:55 a.m.).
 - e. You will not officiate the game; if you do you will be on the bench for an undetermined amount of time. Bottom line: Unless you are our speaking captain, **you are not to speak to the referee.**
5. ***Everyone will be responsible for all duties. Bringing out equipment, water, ice and etc. This is your team, you set the example!!***
6. Failure to have the necessary equipment for practice or a match will result in you becoming a spectator unless you can borrow from another player.
7. Treat all teammates, coaches, trainers, managers, equipment, opponents, and officials with respect.
8. **DO NOT USE PROFANE LANGUAGE!**
9. All team members must ride to and from games on the bus. **NO PLAYER IS PERMITTED TO DRIVE!**
10. Stealing equipment of any kind (balls, chairs, etc.) or personal items from a visiting school will result in your immediate dismissal from the team!
11. **School Board Policy #554 Hazing:** Maintain a safe and positive environment for students and staff that is free from hazing. Hazing activities of any type are inconsistent with the educational goals of the district and are prohibited at all times.
12. In order to earn a varsity letter, a team member **MUST PARTICIPATE** in 40% of all games on the schedule.
13. 1st Violation = Warning (Talk) 2nd Violation = One week suspension 3rd Violation = Dismissal from team
14. **BEING A MEMBER OF A TEAM DOES NOT GUARANTEE PLAYING TIME IN GAMES!**

PERMISSION FORM

I fully understand all of the above rules and regulations and agree to abide by them in exchange for the privilege of being a member of the Neshaminy Redskins Girls Volleyball Team.

Player's signature

Parent/guardian signature