

# NESHAMINY FIELD HOCKEY

## RULES 2021

*As a member of the field hockey team your coaches expect you to abide by the following rules:*

### 1. Eligibility/Regulations

Comply with all PIAA and Neshaminy School District eligibility rules and regulations. These include School Board Policy #510 (Alcohol and other drugs: *including vaping*) and Co-Curricular Substance and Abuse Guidelines.

- Tobacco/Vaping use is NOT permitted at all.

### 2. Practices

Are held every day from 2:35 until 5:00. Practice is also held on **EVERY** Saturday when we are in season. You must attend all practices unless one of the following applies:

- Practice is canceled by the coach.
- You are ill and not in school the day of a practice.
  - You must call and notify the coach (cell phone) as to your absence and why before 11:00 a.m.
- You have made a previous arrangement with the coach in regards to practice on a given day. (Emergency, family problem, schoolwork)

### 3. Games

Begin in late August and continue through October. District playoffs begin in late October and carry into November.

- All varsity Games begin at 3:30 or 3:45 depending on the site, and JV plays immediately afterwards.
- All players are to attend and stay for Varsity and JV games.
- All players will travel to and from all away games on the team bus.
- Players will be missing some of their last period class for away games and they are responsible for any missed work.
- In order to be eligible to play in a game, you must sign in before 5th period (10:55 a.m.).
- To be eligible to play in a game, you must attend the practice/game prior to the game

**NOTE: Any unexcused absence from practice or a game will result in dismissal from the team.**

### 4. Behavior

Your behavior should be exemplary. You represent yourself, the team and the school by being a member of the team; therefore no inappropriate behavior on or off the field will be tolerated. You represent Neshaminy Field Hockey both in and out of season.

- In school or out of school suspension will result in not being permitted to practice or play in a game for a week. You will then have a meeting with the coaching staff to decide your future on the team.
- Any other behavior problems will be dealt with through the coaches, school and parents if necessary.
- Players should treat coaches, teammates, parents, trainers, and officials with respect.

## **5. Communication**

Communication between the coaching staff, players and parents is very important to the success of the team.

### **Players and Coaches:**

- When a player needs to talk to a coach they should contact the coach, not their parent.
- Players may approach coaches with any questions they have regarding themselves before or after practices or games.

### **Coaches and Parents:**

- Parents may approach coaches at a time that is appropriate and convenient for both, if they have a concern about their child that their child cannot work out with the coach.
- Coaches will not be available to parents to discuss playing time, coaching strategies, comparing of other players to your daughter or any other issue that relates to the managing of the team.

### **Parents, Players and the Newspaper:**

- No parent or player is permitted to contact (in writing) or talk to a newspaper reporter with regards to hockey unless a Coach gives permission or is present during the interview. This is for the players own good as well as the parents.
- All communication with the newspaper, for any reason, must go through the Coaching Staff.

## **6. Fundraising/Boosters- JV and Varsity Players Only**

- Fundraising is an essential part of our program. It allows us to buy equipment, have senior day, have a banquet etc. **It is not optional.** Everyone on the team must participate in all fundraising efforts.
- We have a booster's organization, which is set up to assist the coaches with fundraising, the team picnic, banquet planning, the snack stand and any other items that may come up. Each family is asked to pay a Booster fee, seeing that every child benefits from the funds raised.

## **7. Participation**

- In order to receive a Varsity letter, a player must participate in 40% of all of the game on the schedule. (This is a school rule)
- No one is guaranteed playing time just because they have attended practice. You must **EARN** the right to play!!

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## **8. Other Sports During Hockey Season**

- During Hockey Season, Field hockey is your primary sport.
- **If you make varsity, field hockey is your only sport.**
- If you make JV you may participate in other sports but they will not interfere with field hockey.

### 9. **College Visits During Hockey Season**

We encourage our players to visit colleges in the off season. If a player needs to visit a college during the season and they will miss a practice or a game the following applies:

- They should have a conversation with the coaches so they know when they will be missing.
- (at least 2 weeks prior to the visit)
- They will not be eligible to play in the next scheduled game
- **EXCEPTION:** If they are going on an **official college** visit for Field Hockey.
  - They may miss a practice not a game
  - A minimum of 2 weeks' notice given and be cleared by the NHS Coaching Staff and confirmed with the college coach.

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**PLEASE SIGN AND DETACH AND RETURN TO YOUR COACH**

### **Field Hockey Agreement**

I agree and will follow to the best of my ability the rules and guidelines for field hockey. Must be signed and returned the first day of tryouts.

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Players Printed Name

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Players Signature

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Date

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Parents Printed Name

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Parents Signature

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Date