

Mainland Regional High School Girls Lacrosse Team Rules

Overall conduct:

The MRHS Lacrosse team is a varsity sport governed by the rules and regulations of Mainland Regional High School and the New Jersey State Interscholastic Athletic Association (NJSIAA). All rules and expectations of the lacrosse team must align with MRHS policy.

The MRHS Lacrosse team will follow the school policy regarding academic eligibility, alcohol and drug usage, as well as hazing violations. **Sportsmanship is highly stressed before, during and after practices and games.**

If you believe you are being bullied or improperly addressed (hazed) by a teammate, whether in person or through the use of technology, immediately notify one of the coaches.

Lacrosse players are not to receive detentions. Detentions are a poor reflection of our program and are a criterion for being dropped from the squad if it is a continuing problem.

Practice:

Varsity and Junior Varsity players must be on the practice field (fully dressed) & ready to stretch as a team by 3:10 pm. Any player arriving after 3:10 will be considered late. Three "lates" will equal one unexcused absence.

As each player arrives on the field, they are to begin working on specific drills as instructed by the coach(es) until formal practice begins.

Hustle from one drill to the next. No sitting down during practice. No profanity.

Players are to stop and listen whenever a coach speaks or another player is asking a coach a question. Disrespect to any coach to another player in a game, practice or on the bus, etc. will not be tolerated and will result in disciplinary actions.

Players are expected to be present at all lacrosse related activities; excused absences will be permitted only for extenuating circumstances. Players who need to be excused from any lacrosse related activity must notify one of the coaches at least **2 days beforehand**. Failure to comply will result in disciplinary actions.

Cells phones, ipods & any other electronic devices are not to be used during practice or games (JV or Varsity).

Attendance:

The MRHS Lacrosse team attendance policy is as follows:

- An excused absence the day before a game (or the Friday prior to a Monday game) will result in the student-athlete being allowed to play, but not being allowed to start the game.
- Three unexcused late arrivals to practice will be counted as one unexcused absence.
- Acceptable late excuses include (but not limited to) receiving additional academic help, seeing the trainer, and meeting with a teacher.
- An unexcused absence will result in the student-athlete not being allowed to play in the next game on the schedule. **If you are not in school because you are sick you must contact one of the coaches through e mail or cell phone.**
- Three unexcused absences will result in dismissal from the team.

Game Day Bus Behavior:

All players must ride on the bus to away games. Any player missing the bus will not be permitted to play. You must receive prior permission from the Athletic Director to come home from games with your parents. Forms to ride home with your parents from away games may found in the Athletic Directors Office. It is your responsibility to get these forms and have them signed by a parent. **I must receive these forms prior to the bus leaving Mainland. If I do not receive the form before departing Mainland YOU WILL NOT BE PERMITTED TO GO HOME WITH YOUR PARENTS.**

All players must display polite and courteous behavior on the bus. There will be no waving or yelling out of the windows, nor throwing anything out of the windows. The bus ride will be time used for mental preparation of the game or reflection after the game. **THERE WILL NOT BE ANY PLAYING OF THE "OH GAME"** as it is a HUGE distraction to the driver. The bus **MUST BE CLEANER** than when we got on the bus. Each piece of trash left behind will result in a **TEAM 100 yard sprint**. Only on the bus will you be permitted to listen to "i pods". No player will be permitted to have any such item on the playing field.

Please sign detach this portion of **THE GIRLS LACROSSE TEAM RULES FOR 2011** and keep the rules some place safe. By signing your name and your parents signing their name below, it is acknowledgement that all parties involved understand the **TEAM RULES** and will cooperate to adhere to the rules. Please return only this portion of the rule sheet by **02.23.2011**.

Athletes Name: _____

Athletes Signature: _____ Parent Signature: _____