

RAZORBACK FOOTBALL



TEAM RULES

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Team Guidelines



ATTENTION: *To participate in the Walhalla High School Football Program, you must read the following and agree to sign this agreement. By signing this agreement your signature will represent your understanding of the procedures and guidelines set by this program and the expectations set by the coaching staff. The purpose of this agreement is to set a code of accountability for the players. We want the players to experience and understand the importance of following a system that will benefit them in football and life beyond high school.*

1. **SCHOOL POLICIES:** All players within this program will adhere to all the school policies regarding conduct, integrity and discipline both in and out of season. We will adhere to the SDOC athletic policy and it will take precedence on all matters included or omitted in this policy guideline for the Football Program.

2. **PLAYER COMMUNICATION:** As high school student athletes, it is the students' responsibility to communicate to the coaches regarding any issues pertaining to football. Parents or guardians should allow their sons to experience how to communicate to their coaches and how to be responsible for themselves. This ability will be a necessity later in life. Practicing this behavior now will help their growth as a young man. Let your sons go through this process and only help them if absolutely necessary.

3. **ATTITUDE:** All players are required to have a positive attitude towards their teammates, coaches, opponents, officials, administration, faculty, fans, and their peers throughout the entire season. Each player is to practice the concept of TEAM FIRST. It is WE and NOT ME. Each player is expected to encourage and motivate each other with a positive approach. If at any time a player does not carry or express them-selves in a positive manner the following consequences will apply:

- a. First Time: Loss of starting position or playing time
- b. Second Time: Conference with Coaching Staff
- c. Third Time: Dismissed from the team

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4. **ADDRESSING COACHES/REFEREES:** All players should address coaches as "Coach" with their last name, not just by their last name. All players should answer a coach, "Yes/No Coach". All players should address the referees as "Sir."

5. **ATTENDANCE:** All players are required to attend all practices, film sessions, team meetings, and games during the entire season.

There will be No Exceptions, unless the reason warrants the absence. The Coaching Staff will decide if the absence is excused.

- a. First Absence: Loss of starting position or playing time
- b. Second Absence: Game suspension
- c. Third Absence: Dismissed from the team

6. **SICKNESS/INJURIES:** If you are sick or injured you MUST contact the coaching staff immediately. If the staff is not contacted it will be considered unexcused! If you are injured you are still required to be at practice. "PLEASE UNDERSTAND", IF YOU DO NOT PRACTICE, YOU DO NOT PLAY!! Playing time is earned in PRACTICE!!! There are no assurances for ALL LEVELS. Timed served in the program will not be a consideration for playing time.

7. **Vacation Plans (During the Season):** We understand that family time is very important and that vacations are inevitable. However, to advance The Football Program to the highest possible level requires a serious commitment of time. Our team goals cannot be obtained with a part-time commitment and attitude. Therefore, we ask that a full-time commitment be made to the team prior to the start of fall practice. Please refer to ATTENDANCE SECTION (5) above as this will apply to vacation time.

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8. **PUNCTUALITY:** All players are required to be on time for practices, games, and any other football related events. All players are to arrive at the field house *30 minutes prior* to the start of practice. This time will allow players to see the trainer and stretch prior to the start of practice. Arriving at the start of practice is unacceptable and will be considered as being late. Consequences for being late are as follows:

- a. First Time Late: The team will receive extra training after practice
- b. Second Time Late: loss of starting position or playing time
- c. Third Time Late: Suspended from the team
- d. Fourth Time Late: Dismissed from the team

9. **INSUBORDINATION:** There will not be any insubordination tolerated towards the coaching staff, teammates, faculty members, referees, opponents, and managers at anytime. Consequences for being insubordinate are as follows:

- a. First Time: Loss of starting position or playing time
- b. Second Time: Suspended from the team
- c. Third Time: Dismissed from the team

Note that serious or blatant insubordination could result in immediate dismissal from the team.

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10. **INAPPROPRIATE LANGUAGE:** The use of inappropriate language will not be tolerated in the Walhalla Football Program. When observed, players will receive a verbal warning regarding inappropriate language. If this warning does resolve the issue the individual player will be assigned corrective work. If the problem persists and the player disregards corrective measures it could result in lost playing time, suspension or even dismissal from the team.

11. **DRESS CODE:** All players are required to wear the appropriate travel attire to all away games. All players will be required to wear appropriate travel attire after the game when returning. **NO EXCEPTIONS!!** The coaching staff will communicate to the players what the appropriate attire is for travel to and from the game. All players will use the issued team bag to carry their equipment to and from games. All players are required to wear team issued uniforms and accessories. No individual items may be worn during games. This is to ensure uniformity and compliance with high school regulations. **NO EXCEPTIONS!!**

A. There is absolutely no jewelry allowed to be worn at any time during games or practice. **NO EXCEPTIONS!!**

B. Players are responsible to bring all uniforms and equipment with them to the game. Failure to do so could result in not being allowed to participate.

12. **PROTECTIVE EQUIPMENT:** Each player is issued protective equipment that meets NFHS certification. If players choose to use additional protective gear it must be approved in advance by the coaches to confirm it meets regulations.

13. **DAMAGES/LOSS OF ISSUED EQUIPMENT:** Each player is responsible for team issued equipment. If you lose or damage any equipment that was issued to you from Walhalla High School you are responsible to pay for the expenses to have them fixed or replaced. If equipment is damaged while being used for the its intended purpose individuals will not be held responsible.

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14. **Unsportsmanlike Conduct:** Players are to conduct themselves in a sportsmanlike manner during practice and competitions. If a player receives a penalty for unsportsmanlike conduct it hurts the entire team. For this conduct, players will receive punitive measures at practice and will be required to apologize for their actions to the team. If this behavior persists it could lead to suspension or even dismissal.

Disqualification/Ejection of an Athlete : For disqualifications/ejections an athlete will serve the suspension issued by the State of South Carolina. For a flagrant misconduct disqualification/ejection an additional suspension may be added by the Walhalla High School Athletic Department.

The Principal and the Walhalla High School Athletic Department in conjunction with the head coach will review all disqualifications/ejections to make a determination of additional game suspensions or termination from the program.

15. **Discipline During School:** If a player receives a detention or suspension during school the following consequences will apply:

In-School Suspension:

- a. First Time: Extra Duties assigned by the coach
- b. Second Time: Extra Duties assigned by the coach and suspended from next contest
- c. Third Time: Dismissed from the team

Suspensions:

- a. First Time: Suspended from next contest
- b. Second Time: Dismissed from the team

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16. **Team Travel:** All players will travel on the team bus to and from games. “NO EXCEPTIONS”. While traveling on the bus you are permitted to listen to an iPod or any other device that plays music, but it must have headsets and the volume will be set so ONLY you can hear the music. All headsets and portable devices will be put away before you get off the bus. You should not go into any facility or leave any facility with a headset on your head.

17. **Locker Room Etiquette:** The team locker room is not a hangout for you and your friends. NO ONE outside of the Football Program is permitted in the team locker room. Your friends are to respect this team rule and YOU are responsible for their actions. Respect personal space and personal property while in the locker room. Inappropriate behavior of any kind while in the locker room will not be tolerated and is subject to disciplinary action.

18. **TEAM MEETINGS:** Attendance at team functions are required unless specified otherwise. Team events such as study hall, practices, team meetings, team functions, and film sessions are closed to parents, family and friends. “NO EXCEPTIONS”!!

19. **Cell Phones:** All cell phones will be turned off before the start of any event or activity that pertains to the Football Program. You are not permitted to use (text included) or answer your cell phone during any activity that pertains to the Football Program. When traveling on the bus all cell phones will be turned off unless they being used as a music device to travel to a game. If you need to make a call you must ask the Head Coach. All phones can be turned on just prior to the arrival of school so players may contact their parents or guardian to communicate the arrival time back to Walhalla High School. Consequences for disregarding this rule are as follows:

- a. First Time: Extra Duties assigned by the coach
- b. Second Time: loss of starting position or playing time
- c. Third Time: Suspended for next contest

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20. Participation in Other Sports Programs: No player that is on the Team is permitted to participate in any club, travel, academy, or any other sports programs or other extra-curricular activities inside or outside of Walhalla High School during the Football Season without permission from the Head Coach directly. During the high school football season it is very important for student athletes who compete for the program to get rest and allow their bodies to recover and remain healthy during the entire season. If an athlete was to train or participate in outside sporting activities he will be putting his body at risk of injury because of an improper amount of recovery time for his body. Also we do not need to lose an athlete to an injury or an injury worsened due to the participation of these activities or training sessions during the season. There will be No Exceptions unless it is specifically discussed with the Head Coach prior to an event or training session. If the student athlete does not follow this request he will be suspended for a period of time determined by the Head Coach. If these actions are to continue the student athlete will be dismissed from the program immediately. Out of season training, during appropriate times, is strongly recommended and supported by the coaching staff.

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Communication with Coaches



There are certain situations that may require a conference between a player, coach, and/or parent. It is important that all parties involved have a clear understanding of the procedures that are to be followed. When a player or parent has a question or concern regarding the football program and needs to contact a member of the coaching staff or administration, the communication process outlined below has been adopted by the football program.

COMMUNICATION PROCESS:

Step1. The concerned player should communicate with the Head Coach to schedule time to discuss his questions or concerns. If the player does not feel comfortable and satisfied with the outcome of the meeting, he should move forward to Step 2.

Step2. A meeting involving the player, Head Coach, staff, and parent(s)/guardian(s) should be requested by calling the Athletic Office (864-710-5469) and set up an appointment to meet. Another option is via e-mail (pjohnson1@oconee.k12.sc.us). The message contained in the e-mail should include a brief explanation of the player/parent concerns. If this meeting does not resolve the situation, the player and his parents should move forward with Step 3.

Step3. A meeting should be requested involving the player, all members of the coaching staff, parent(s)/guardian(s), and the Athletic Director, Mr. Powell. If all the parties involved are still not comfortable with the outcome of the meeting, additional alternatives should be discussed to resolve the matter.

All discussions should focus on individual concerns and questions. The performance and ability of other players will not be a topic of discussion.

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Communication with Coaches



Parent, Player, Coach Communication: : If a parent needs to speak with a coach regarding issues that pertain to football, academics, or conduct you **MUST** follow the procedure listed below:

1. Call the Athletic Office Mr. Powell (864-710-5469) or Coach Johnson (864-423-7862) to set up an appointment. You can also email Coach Johnson at pjohnson1@oconee.k12.sc.us to set up a meeting or communicate a concern.
2. YOU are asked NOT to approach a coach after a game to discuss any of these issues.
3. YOU are asked NOT to call a coach at home to discuss any of these issues.
4. YOU are asked NOT to approach a coach before or after practice.

Any situation or problems you may have can be better handled if an appointment is made and we can sit down and discuss your concerns.

Note: Playing time is determined by the player's behavior away from football, in the classroom, their performance, attitude, conduct, execution and skill level in practice. Personal stats, playing time and position will not be a topic to be discussed. This program will be built on the concept of etam.

Both parenting and coaching are challenging endeavors. By establishing an understanding of each other, we are able to accept the actions of each party and provide greater benefit to the young men involved in the Football Program. As a parent of a child involved in our athletic program, you have the right to understand what the expectations and communication processes are for you and your son.

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Communication with Coaches



ISSUES NOT APPROPRIATE for DISCUSSION with the WALHALLA FOOTBALL STAFF:

While the Head Coach and staff is committed to open communication between staff and parents, there is a certain protocol that we ask to be observed. In particular, the time before and after training sessions are dedicated to our players. It is not appropriate for a parent to approach a coach to discuss concerns regarding their son at this time. It is not appropriate to call a coach at home or on their cell phone to discuss concerns regarding their son.

The Head Coach will be happy to set up a meeting to address parent concerns at a time that will not interfere with the attention required by our athletes. An exception to this request is an incident when a player is injured -- the Head Coach and trainer will be available immediately after a game to discuss the situation and any concerns with parents.

It is important for parents to understand that we, as coaches, have been hired to make decisions based on what we believe to be best for the team as a whole and for all players involved with the football program; with this understanding, we will be available to discuss parental concerns with the following exceptions, which we consider either inappropriate or counter-productive to team leadership:

Tactical Training and Team Strategies

Other players

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Player Contract



Mission Statement:

I _____ understand the rules that have been set before me. I understand that I am accountable for my actions and that football is a privileged activity here at Walhalla High School. I will work hard to represent myself, my family, and Walhalla High School to the best of my ability. I understand the expectations and rules set by the coaches in this program and that it is my job to do the right thing on and off the field. I understand that my constant hard work will make this program, my teammates and then my-self better in all areas relating to football. I understand that practice is to be competitive and not personal. I understand that, my playing time in football will be determined by my performance, attitude, conduct, execution and skill level in practice. Furthermore, I understand that the game of football is a team sport and I will never put myself in front of the team when participating in a game, practice or anything relating to the Football Program at Walhalla High School.

Player Signature

Date

Parents Signature

Date