

# Northside College Prep Athletic Department

## 2007 Girls Softball Rules



- You need to wear appropriate athletic attire at all times
  - No short shorts!
  - DO NOT wear shorts when we play outside unless you are willing to slide
  - DO NOT wear summer attire when it is cold outside
  - You must wear appropriate shoes inside – clean off all shoes before entering the building
  - You must wear cleats when outside
  - NOTE: all outside practices will start with a run, so if you prefer to wear running shoes during this time, then bring cleats to change into later
  
- No swearing!!! (this includes any words that are a nice version of the actual swear words)
  
- There will be no disrespecting of players, coaches, refs or parents from our team or any other team
  - The first time will be a warning
  - The second time you will be benched one game
  - The third time you will be cut from the team
  
- You need to be to practice/games on time
  - The first time you will run the amount of time you were late
  - The second time you will be benched one game
  - The third time you will be cut from the team
  - Exceptions: any activity related directly to academics
  
- There will be consequences for missing practices and games:
  - Practices:
    - If you miss a practice, then you will be benched one game
    - If you miss two practices, then you will be cut from the team
    - Exceptions: you will be benched the equivalent time missed when your absence is due to any activity related directly to academics
  - Games:
    - If you miss a game, then you will be benched one game
    - If you miss two games, then you will be cut from the team
    - Exceptions: you will be benched the equivalent time missed when your absence is due to any activity related directly to academics

I have read the above rules and will follow them as required:

Player Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Signature: \_\_\_\_\_

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## 2007 Girls Softball Rules - Clarifications



### Late to Practice (after actual practice time)

- The first time you will run the equivalent minutes late
- The second time the team will run the equivalent minutes late while you watch
- The third time you will be benched one game
- The fourth time you become an alternate
- The fifth time if you are an alternate, then you will be cut from the team

### Absences Due to Academics

- No consequences
- You must contact your coaches via email and phone before practice

### Absences Due to Family Obligations

- 1 freebie aside from obvious excused absences
- If non-emergency, you must contact coaches via email and phone before absence

### Absences Due to Family Vacations

- Sit ½ the amount of practice/games you missed
- You must notify coaches via email at least one week in advance of absence
- Option to make up time missed
  - Condition (ride the bike, lift weights, etc.) from 6:45 -7:30
  - **MUST CHECK IN WITH MARY SHELUS @ 6:45 A.M.**

### Absences w/ No Excuse

- Same consequences as handed out

### Disrespect

- Same consequences as handed out

I have read the above rules and will follow them as required:

Player Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Signature: \_\_\_\_\_