



# **Bangor Boys Basketball**



## **Rules and General Policy**

The following rules and principles apply to the entire season. Since it's virtually impossible to cover every eventuality, you are expected to conduct yourself at all times, in a manner that will reflect credit upon you, the Bangor Area High School and the basketball program.

### **A. General Information**

1. If any player or parent has a problem or complaint, the following chain of command should be followed:
  1. **PLAYER**-Coach (at individual level)
  2. Parent-Coach (at individual level)
  3. Parent-Varsity Head Coach
  4. Parent-Athletic Director
  5. Parent-Principal
  6. Parent-Assistant to the Superintendent
2. Never discuss the physical condition of team members, planned strategy, etc, with anyone. All team matters are to be kept among the team.
3. Lateness is a form of irresponsibility, a lack of discipline, and is discourteous and selfish. The late rule applies to all functions.
4. Any type of appointment should not be scheduled during practice. Employment is not an excused absence.
5. There will be absolutely no form of hazing at any level.
6. Any other athletic activities are highly discouraged during the season.
7. Players will be responsible for maintaining any school-issued equipment.
8. All practices are closed to public and all players should wear their practice gear.
9. For games there are no long pants, shooting sleeves, long sleeve shirts, wrist bands or head bands allowed, unless medically necessary. Black, Gray, Maroon, or White sneakers & socks for games only.
10. You must arrive at school before 8:15 or have a doctor's note in order to participate that day.

### **B. Rules**

#### **I. Drugs/Alcohol/Tobacco**

Any use of drugs, alcohol, or tobacco products (including vaping) is prohibited.

#### **II. Bus Conduct**

1. We travel as a team to and from games. Players will not be permitted to ride with their parents. In case of emergency or in a special situation, the coach may grant you permission.
2. Varsity players will load the bus first.
3. Managers & JV players will be responsible for loading and unloading the bus.
4. There will be no talking on the way to the game. Mental Preparation!
5. If the varsity team loses, there will be no talking on the way home.

#### **III. Away Games**

1. Players will arrive 10 minutes prior to the scheduled departure time. The bus leaves on time and will not wait for anyone.
2. Players should wear their travel suits.
3. Varsity will sit together during the JV game. JV players will sit together, behind the Varsity bench if possible.

#### IV. Home Games

1. All varsity players will be in the gym at the start of the JV game and all JV players will be in the gym at the start of the Junior High game. Every player should be wearing their travel suit.
2. All players will sit together on the bleachers and will not sit with their friends.
3. If shooting around at halftime, you must be wearing your warm up gear/uniform (Colonial League rule). Work on skills you will use in the game!
4. Varsity players should report to the locker room at the beginning of the third quarter. Be ready for pre-game at the beginning of the fourth quarter.
5. JV players will wait outside locker room until Varsity takes the court.
6. JV players are expected to stay for the entire varsity game and will sit as a group.

#### C. Practice Procedures

1. Attendance and punctuality at all practices is mandatory. All players should be on the floor and stretched by the time the practice starts (including being taped & looked at by the trainers). A repeated absence from practice or meetings may lead to suspension or dismissal from the team. Excused absences- approved by the head coach ahead of time-would be from a doctor, a trainer, or an emergency. If you are sick and can't make it to practice or a game, it is the **player's** responsibility to contact the coach in the morning so that the coach can adjust practice/game plans.

##### **Unexcused Absences/Lateness**

1. **1<sup>st</sup> Offense:** 1 game suspension or coach's discretion
  2. **2<sup>nd</sup> Offense:** 2 game suspension or coach's discretion
  3. **3<sup>rd</sup> Offense:** Dismissal from the team or coach's discretion
2. Expect to practice every weekday after school and Saturdays. Practices will last approximately two to three hours.

#### D. Academics

1. Academics are your first priority. Establish a quality rapport with your teachers and set a good example in the classroom. Plan ahead and organize your time wisely. Most teachers are flexible if given enough notice of a dilemma. Check your grades & make sure you communicate with your teachers about grades, so they put them in on time.
2. Having to make up work or meet with a teacher after school is not an excuse to miss or be late for practice.
3. Eligibility: You must not fail 2 or more of your classes.

#### **INFRACTIONS NOT COVERED**

Any infraction of these guidelines that does not have a concrete consequence will be left up to the discretion of the coaching staff.

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*I understand and agree to abide by the above rules and regulations. In addition, I have also read and agree to the Bangor Slater Athletic Handbook and the Social Media Policy.*

Signature of Athlete \_\_\_\_\_ Grade \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent \_\_\_\_\_ Date \_\_\_\_\_