

Bangor Area Middle School Field Hockey Rules and Regulations

Below you will find the rules and regulations that you must abide by as student athlete on the Middle School Field Hockey Team. Please keep in mind that these are guidelines of the expectations we have for you as a student athlete. We expect that you will positively represent yourself, your team and the school. ***It is important that you recognize being a student athlete is a privilege and you will be held to a higher standard.***

Team Rules and Regulations:

1. Each member must meet the school's scholastic eligibility requirements throughout the season – if you become academically ineligible you cannot participate. If you are failing one class, you will be put on probation, failing two classes means you are ineligible for one week. **(Remember, you are a STUDENT first, then an athlete.)** Manage your time appropriately, as a student-athlete you need to plan ahead and organize your studies with your athletic commitments.
2. You are responsible for establishing and maintaining positive relationships in the school settings. This includes respecting all staff and students within the school community and on the playing field.
3. In order to have a successful season, you must come ready for each game and practice with a positive attitude. We expect that you come to practice ready to work hard, remain focused and committed to improving your skills on a daily basis. You are expected to have a positive attitude towards your teammates, your coaches, your opponents, your fans and the officials. **Failure to do this will result in a consequence.**
4. We are a team and this should reflect in our daily interactions with one another. As a team player, you are expected to show respect to each other on and off the field (during practice, in school, indirectly, social media etc.). If an issue does occur, it is imperative that you discuss it with the coaches. As a team, you should be encouraging each other to improve in the game of field hockey, while building a sense of community. It is the job of the coaches to provide constructive criticism to players, not the player. Judgement between players will not be tolerated.
5. Each player is expected to attend **ALL** hockey practices, scrimmages and games.
 - a. Vacations are to be arranged around our practices.
 - b. You are excused to meet with subject teachers after school, to meet subject Requirements, if you **FIRST** contact the head coach.
 - c. Doctor & Dentist appointments should be made at times other than practices and

Games if possible. If not, a note from home requesting your absence is necessary.

- d. You may be excused in cases of personal illness or family emergency if you FIRST contact the head coach.
- e. School policy requires all students to be in attendance at school in order to be eligible For games and practices.
- f. Out of School Suspension does not permit you to practice or participate in games – you may not be on the school campus. In School Suspension will not permit you to participate in games, but you may be permitted to practice at the coach’s discretion.

6 . Locker Room:

Players may not enter the locker room prior to the arrival of Coach Dickey or Coach CuvIELLO. Coach Dickey will report to the locker room at 2:10. Girls are to be dismissed on the second bell. If this rule is not followed there will be an immediate consequence.

7. All players are expected to be prepared for every practice and game (This includes any equipment that you have been assigned to – seventh graders, new eighth graders and managers are assigned to equipment for the entire season with the exception of the first week). If you are without something that you need or you forget equipment that you were in charge of, there will be a consequence. **Do not leave any equipment and/or garbage on the fields.** Use of cellphones during games and practices is not permitted without the permission of the one of the coaches.

****Attendance and punctuality at all practices and games is MANDATORY; repeated unexcused violations will lead to suspension and / or removal from the team.**** An excused absence is contacting your coach AHEAD of time, after the fact will result in a documented offense.

- a. **1st offense = half game suspension**
- b. **2nd offense = 1 game suspension**
- c. **3rd offense = 2 game suspension**
- d. **4th offense or more = coach’s discretion to remove from team**

8. Game policies (home and away) are as follows;

- a. All players will report to the locker room before the game. If it is an away game, an announcement will be made when you are to be dismissed. If an announcement has not been made or it’s a home game, you should dismiss at the second bell. Remember, you may not enter the locker room until a coach is present.
- b. Cell phones are not permitted during games including your own game and while you are watching the other game.
- c. All players are expected to be facing the game and encouraging the players on the field. This is not a time to socialize.
- d. Big Sisters & Little Sisters will be responsible for getting water for one another during game time (make sure you give your “sister” your drink prior to the game). Big Sisters & Little Sisters are not to be getting each other “presents” every game – the purpose of Big

Sisters & Little Sisters is to mentor and be a “go to” person for one another. The coaches will let you know which games you will do signs/treats/”presents”.

9. All players will ride to and from away games on the team bus. **WE ARE A TEAM – WE PRACTICE, TRAVEL AND PLAY AS A TEAM!!!!** Players will not be permitted to ride to or from away games with parents or anyone else; you will be granted permission in the case of an emergency and you must provide a note from your parent and/or guardian (a family party is not an emergency). Bus policy is within the student handbook and for field hockey includes the following:

- a. Bus will depart on time – therefore don’t be late because the bus won’t be there
- b. Eating and drinking large amounts on the bus is prohibited
- c. Keep the bus clean – bus will be checked by managers at the end of every game – a Dirty bus will result in TEAM consequences
- d. Focus on the bus; **do not sleep, text, scan social media, etc.**

10. Each member is expected to properly care for issued uniforms and equipment. If any item is damaged or lost, you must pay the required fee to replace it. With this each member is also expected to dress appropriately for all practices; inappropriate dress for practice will result in consequences.

11. Each player must report ALL minor and major injuries to one of the coaches and the athletic trainer – athletes out with an injury are unable to practice until medically cleared; **attendance is still required.**

13. Each member must adhere to the Bangor Area School District’s Athletic Code of Conduct.

14. Social Networking Policy – You must be aware when using social media that you not only represent yourself, but also your individual teams and community. Any information posted on these sites is easily viewable by third parties and, therefore, can have a negative impact on that student athlete and/or their team and community. Anything posted on these sites that are against the athlete code of conduct, drug and alcohol policy, and/or individual team rules can and may result in disciplinary action against that student athlete. **Rule of thumb** – *would you want your coaches to see what you post? If you have to even think about it, don’t post it.*

Contact Information:

You should contact Coach Dickey first- if you have an urgent matter and Coach Dickey can’t be reached, then you should contact Coach CuvIELLO.

Coach Dickey: 610-428-6180

Coach CuvIELLO: 484-707-3198

Leveled Consequences for Team Violations:

**These leveled consequences do not include attendance – attendance consequences can be found under rule #7.*

Level 1 ~ Late / not ready to practice/game / Inappropriate wardrobe / Not calling coaches about illness, etc. / Jewelry / Unprepared / Not doing equipment responsibility / Use of foul language / Not following a part or portion of the Athletic Code of Conduct / Off task and/or not paying attention during practice / Talking out of turn / Unwarranted Green Card / Use of cell phone / Not paying attention to A/B game / Inability to execute drills / Not being a coachable player/ Late pickup

Consequence ~ Staying after practice to run

Level 2 ~ Repeated lateness to practice(s), game(s) / Detention / Losing Equipment / Disrespect and or Foul Language toward Coach(es), teammate(s), school district employee(s), parent(s), official(s), fan(s), and/or opponent(s) / Bus Behavior / Sideline Behavior / Continual Breaking of Level 1 Rules / Not following various parts of the Athletic Code of Conduct OR breaking the Athletic Code of Conduct more than once / Unwarranted Yellow Card / Social media violation / Repeated use of cell phone/ Late pickup

Consequence ~ 15 minute game suspension to half game suspension

Level 3 ~ Any type of school suspension / Continual Breaking of Level 1 and 2 Rules / Frequent offenses violating the Athletic Code of Conduct / Stealing / Ejection from a Game / Severe social media violation / Severe disrespect toward Coach(es), teammate(s)

Consequence ~ Full game suspension to multiple game suspension based on the severity of the violation

Repeated violations or an extreme situation will lead to an evaluation of the player and based on the coach's discretion could lead to a consequences such as suspension for the remainder of the season or removal from the team. Also keep in mind, that is impossible to cover every situation that may or could arise, meaning if an action is not covered within, it will be the coach's determination as to the action being identified as level 1, 2, or 3.