



# 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/Bangor Area Middle 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 appointments 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.

### **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 will grant you permission.
2. Players will be responsible for loading and unloading the bus.
3. There will be no talking on the way to the game. **Mental Preparation**
4. If the 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.

#### **IV. Home Games**

1. Players should be dressed and ready to warm up at least 45 minutes before the game.

#### **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. A repeated absence from practice or games may lead to suspension or dismissal from the team. Excused absences- approved by the head coach-would be from a doctor, a trainer, or an emergency. If you are sick and can't make it to a 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 most Saturdays. Practices will last approximately two hours.

#### **D. Academics**

1. Academics are your first priority. Establish a quality rapport with your teachers and set a good example in the classroom.
2. Plan ahead and organize your time wisely. Most teachers are flexible if given enough notice of a dilemma.

#### **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

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