**Girls’ Basketball 2022-2023**

**Rules and General Policy**

**“Play hard, play together, play smart and play with pride”**

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

1. General Information:
   * 1. If any player has a problem or complaint, she should bring it to the attention of the head coach or the team captain(s).
     2. Never discuss the physical condition of team members, planned strategy, etc. with anyone. All team matters should be kept among team members.
     3. Understand that you are being held to a higher standard than that of your classmates.
     4. Lateness is a form of irresponsibility, a lack of discipline, and is discourteous and selfish. The late rule applies to all functions.
     5. There will be no form of hazing.
     6. Any other athletic activities are highly discouraged during the season.
     7. Players are responsible for maintaining any school-issued equipment.
     8. All practices are closed to the public.
2. Rules
3. Curfew- As a member of this program, it is your obligation and responsibility to be well rested. Use common sense.
4. Drugs/Alcohol/Tobacco- Any player that consumes, transports, possesses, or sells drugs, alcohol, or tobacco/vape products will face immediate and indefinite suspension from the team.
   1. Any player who attends a party where these items are present will be in violation of this policy.
5. Home games
   1. All Jv and Varsity players will participate in shoot around from 2:30-3:30pm.
   2. Players are permitted to leave after shoot around. JV must report by 4:45pm, Varsity 5:15pm.
   3. See the trainers before your report time if necessary.
   4. During JV game, varsity will sit in stands to watch and cheer for the JV team.
   5. At half time report directly to the locker room.
   6. At end of game, shake hands and report directly to the locker room.
   7. JV players will sit behind or near the varsity bench during the varsity game. Use the time between games to talk to parents and get food. When the varsity game starts, you need to be in place.
6. Away games
   1. Players will arrive 10 minutes prior to the scheduled departure time.
   2. The bus leaves on time and will not wait for anyone.
   3. Dress: Clean and neat. No clothing with any holes, rips, etc.
   4. Upon arrival go straight to the visiting locker room and be ready for pregame. Varsity will find their place to sit for the JV game.
   5. Varsity report to the locker room at the end of half time of the jv game to change and be ready for pre-game. Use this time to stretch and see the trainer.
   6. After the varsity game change and proceed to the bus. You may stop and chat with family for a few minutes.
7. 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, I will grant you permission.
   2. Keep noise and music volume down. The way to the game is a time for mental preparation and to be thinking about your opponent.
8. Practice procedures
   1. Be on the floor and ready to go at the designated time
   2. Stretch as a team.
   3. Be taped and have seen the trainers ahead of time.
   4. Work hard, be enthusiastic and pay attention
   5. Practice should be working fun, pick up your teammates when they are down.
   6. Point and say thanks when you receive a good pass from a teammate.
   7. End practice with team coming to the center circle for evaluation and future plans
9. Academics
   1. Be a good role model in the classroom. Grades are your priority. If you are ineligible, you are letting the team down. Plan and get your schoolwork done.

This list is not comprehensive to everything that can happen during a season. Communicate with your coaches. Use Groupme app to message the team or a coach. 9 times out of 10 we can solve issues if it would have been communicated to us immediately.