

# SOUTH LYON UNITED WOMEN'S LACROSSE TEAM RULES

## Team Rules:

### I. Practices

- A. Begins at 5:00 pm - be ready to start warming up by 5 :00pm
  - 1. Have shoes/cleats and pennies on
- B. Ends at 7:00 pm - please have your rides scheduled
- C. Come to practice prepared
  - 1. Cleats if you wear them
  - 2. Tennis shoes ALWAYS, incase we have to move inside
  - 3. South Lyon team penny
  - 4. Lacrosse stick
  - 5. Goggles
  - 6. Mouth guard
  - 7. Proper clothing, we play in all types of weather
  - 8. Water
- D. Cell phones are prohibited at practice from 5:00pm – 7:00pm including during break times. There is no...
  - 1. Checking time
  - 2. Checking text messages, phone calls
  - 3. Checking social media
- E. Practices are mandatory
  - 1. When you are going to be absent you must let the Coach know, not the captain or other teammates.
  - 2. It is your responsibility, after an absence, to get with another player and find out what you have missed. If you miss a practice you may miss working on components that will be used or focused on at the following game.
    - a) Excused: school, illness, family emergency
    - b) Unexcused: everything else
      - (1) Results in less playing time
- F. Weather
  - 1. Regardless of the weather we WILL practice
    - a) Wear the appropriate clothing
    - b) We will always have the option of going inside. Bring tennis shoes for this reason

### II. Games

- A. Home
  - 1. JV needs to be at the field 1 hour before game READY TO GO (uniforms on, cleats/shoes on, etc)
  - 2. Varsity needs to be at the field 30 minutes before JV game. Sit together in the stands to cheer on JV team for the first half of the game.
  - 3. JV players are expected to stay until halftime of the varsity game to cheer on the team
- B. Away
  - 1. Bus times will vary; times will be shared closer to game days. DO NOT be late. JV and Varsity ride the same bus.

2. It is expected that players will take the bus to and from the game.
3. If a player will not be taking the bus home from the game coach needs to know **2 days beforehand** to be excused.

C. Uniform

1. White jerseys for home games and grey jerseys for away games.
2. Always bring both just in case!
3. Game day uniform: jersey, skirt, spandex shorts, spandex pants/long sleeves (for cold weather), goggles, mouth guard, cleats/shoes
  - a) Bottoms worn under uniforms must be navy blue
  - b) Tops worn under uniforms must be white for white jersey and navy for grey jersey.

D. Field Etiquette

1. Coach expectations for all SLU players are to...
  - a) Play hard for yourself and their team
  - b) Motivate your teammates
  - c) Be respectful to teammates, coaches, opposing team and coaches, and referees
  - d) Keep yourself composed
    - (1) Do not argue with the referees EVER. Not everything is going to go in your/our favor. LET IT GO!
    - (2) Coaches will address the referees if need be.

III. Playing Time

A. Playing time will be determined by the coach and will be based on the following things:

1. Skill level
2. Commitment to the team
3. Progress throughout the season
4. Field Etiquette

Any unsportsmanlike acts or activities (swearing or vulgar language, alcohol consumption, smoking or illegal drug use, theft, etc) while a member of the SLUWL team, on or off the field, will result in suspension or dismissal from the team. Disciplinary action will result for any other offense not stated, which in the opinion of the coaching staff is detrimental to the team.

I have read and understand the South Lyon United Women's Lacrosse Team Rules. All of my actions have a consequence that will not only affect me, but my family, my teammates, my coaches, my school and my community. Each day at practice, I will try to improve my lacrosse skills by working that much harder to become the player that I see myself being. I will be nothing but respectful and supportive of my teammates. We work together as a team and we play together as a team.

I \_\_\_\_\_ have read and understand the 2017 SLUWL team rules.  
(Player Name)

Player Signature \_\_\_\_\_  
(Date)

Parent Signature \_\_\_\_\_  
(Date)