

Lady Bobcat Girls Basketball Rules 2021-2022

It must be understood by all concerned that it is a privilege, not a right to participate in BHS & Mesa Alta athletics. As such the athletes' greatest responsibility is to be a credit to your team, coaches, parents, school and community. A tremendous amount of self-discipline is required during and away from competition. Making sound choices will result in having positive results.

Player Rules:

Adherence to conduct policy manual guidelines, athletic handbook, athletic department student athletic contract and NMAA rules and regulations

1. Must have a 2.0 grade point average and cannot be failing a class to be eligible.
2. Must have a physical, parent permission form, concussion form (must be downloaded onto Rank One Sports) and insurance on file.
3. Use of alcohol, tobacco, or drugs will result in immediate dismissal from the team. Players can be penalized for association by putting themselves in a situation where alcohol/drugs are present. **The key is don't do it!**
4. Be worthy of the title ATHLETE. Exhibit a high standard of behavior, your behavior reflects on everyone around you. Make everyone proud.
5. Must be in good standing at school. Respect faculty, fellow students, opponents etc. (NO ISS)
6. Attendance at practice is mandatory. Do not be late for practice. 3 Unexcused absences from practices or games will result in dismissal. The only excused absences are sickness or tutoring. Absences due to ISS or out of school suspension are not excused.
7. Situations do arise that are out of your control. Pre- arranged excused absences may be necessary. Never will unexcused absences be accepted.
8. If injured, athletes are still required to attend practice unless prior arrangements have been made.
9. Must notify the coach before practice if you are sick and unable to attend practice or a game.
10. Must be in school to practice or play.
11. Must practice the day before the game to play. If you are absent due to illness the day before a game, playing time will be up to coaches but you will not start the game. If it is an unexcused absence you will not play or travel to an away game.
12. If you miss practice you will have to earn your playing time back.
13. Absolutely no forms of hazing and or bullying or initiations are allowed-This is a criminal act punishable by the courts.
14. **No cell phones during practice, you will put them up from the start of practice until the end. If you have an emergency ask a coach to use their phone. Water break is not checking your phone break.**
15. Must follow bus rules and be well behaved on trips.
16. Jerseys must be tucked in at all times. Shorts must be pulled up. No sagging.

17. HUSTLE ALL THE TIME. Attitude matters. We will not coach bad attitudes.

18. Do not use facebook, snap chat, twitter, Instagram, Ask, or any other social media sites to talk about your teammates, coaches, or opponents. It will not be tolerated. Don't press send!

19. No jewelry, Metal barrettes, bobby pins or bows with metal pieces (games, practice)

20. No profanity. (games, practice or trips)

21. Any player receiving an unsportsmanlike technical foul will be suspended for the remainder of that game and for the next game.

22. Athletes will not be allowed to participate in any other club, summer team, & AAU sports or tournaments during the season. This includes outside practices, weekend tournaments etc. This also includes any other basketball teams beside Bloomfield High School.

Parent and Fan Rules:

1. Absolutely no coaching from the stands.

2. Let the officials officiate. There will be bad calls, I will handle the officials.

3. Support **all** the kids. (Be positive)

4. Fill out a check-out sheet if your daughter is not going to be riding home with the team. The only person allowed to check the player out is the player's parent or legal guardian.

5. Parents, relatives, or other interested parties are not permitted to confront, antagonize, or try to intimidate any coach or player before, during or after an athletic contest or practice regarding playing time, participation or performance. First offense - player suspension, second offense - player removal from team.

6. Parent-Coach meeting only after practice. **Absolutely no meetings after the game.** (No Players present)

7. Parent-Coach-Athletic Director meeting if parents and coaches cannot resolve differences. (No Players present)

8. Coaches coach, Officials officiate, parents be proud parents. Please do not distract from what is trying to be accomplished!

9. If you have questions or concerns, meetings can be arranged.

Coaching Philosophy:

1. Player Development

2. Discipline

3. Commitment

4. Playing Time-Playing time is NOT equal. Playing time is EARNED not given-YOU earn your time at practice. There will be students/athletes that will not play in every game.

5. Winning is not the most important thing but learning HOW to win is important.

6. TEAM. No One person is greater than the team. Giving of yourself for the greater good of the team, then you can be truly successful.

7. Summer (off season) workouts will make the difference. Champions are made in the off season. Not in October/November. Everybody wants to be good; very few will do what it takes to be good!

Simplified Guidelines:

1. Be Loyal! To your teammates, coaches and school.
2. Be accountable for your actions!
3. Show respect and sportsmanship!
4. Prove yourself each and every day!
5. Make progress daily in school and practice!
6. Be a good teammate!

Contact Information:

Head Coach Tom Adair 505-592-1018

This signature verifies that you have received, read and will abide by the 2021-2022 Basketball Rules: This signature also includes any other interested parties that will be attending Basketball related events. **These would include but not limited to, Spouse, Grandparents, and Relatives, Significant others and or Friends. This is your responsibility not the coaches.**

Player's Signature Date

Print Player's Name

Parent's Signature Date

Coach Signature Date

District Athletic Director Signature Date

Ben Tensay, 8/2021

Reliable Phone number for athlete:

Reliable Phone number for athlete's parent/guardian: