



FOOTBALL TEAM RULES & EXPECTATIONS

1. **Time:** Be on time for practice and games. Tardiness, without a note, will result in punishment. Practice time is time to work on your game – I ask that players practice hard and be disciplined. We hustle everywhere, each and every day – **It takes no talent to hustle!**
2. **Equipment:** Floyd Central High School provides your gear, if an athlete would like to use their own girdle, shoulder pads, etc., please let your coach approve to make sure it meets IHSAA standards. Athletes will be responsible for it. Be prepared, dressed, and ready to practice and play everyday. That means, all athletes should have their gear with them at all times always – Spikes, Socks, Helmet, pads, etc. **No Jewelry.**
3. **Practice Gear and Uniforms:** Each player will receive practice tops and pants or shorts to wear each day. All practice and game uniforms will be team issued that you will be responsible for. If we are in the weight room or have a walk thru, you are to be in Floyd Central football gear.
4. **Locker-room:** The locker-room is for athletes only. No parents/guardians need to be in the locker-room. Each player will be issued his own locker. Don't share your combination with anyone. Your locker is for your athletic clothes and equipment. Make sure you lock all your items (bag, shoes, clothes, etc.) into your locker during practice and games. Also, make sure your locker is locked before you leave for the night. If your items are not locked up in your locker, you are taking the risk of these items being stolen. Try not to put valuables (cell phones, wallets, money, etc.) in your locker. It is the player's responsibility to secure his locker.
 - ◇ Please keep the lockerroom clean.
 - ◇ Cell Phones are to be OFF!
 - ◇ **No Horseplay** will be allowed in the lockerroom.
 - ◇ Every athlete is expected to shower after each practice and game. This is a safety issue.
5. **Gameday:** We lift on gamedays. Players are still required to participate in Elective Physical Education Class. However, if you choose not to participate, you will not play that night.
6. **Games:** Varsity games start at 7:00 p.m., 7:30 p.m., or 8:00 p.m. on Fridays. Freshmen start at 10:00 a.m. or 11:00 a.m. on Saturdays and Junior Varsity games will start about 30 minutes after the conclusion of the Freshmen game. You will be given a schedule that clearly indicates what time the bus leaves for road games. You will be expected to be in the locker-room for home games 2 hours before a varsity game and an hour before any other level game.



7. **Travel:** All athletes will ride to and from competitions on the bus to aid in team building, team concept and to provide maximum safety while on a school trip. Parents desiring their athlete to ride home must provide written notification 24 hours prior to competition. This must go through the high school office. Emergency situations may develop which require some flexibility.
8. **Foul Language:** Cussing will not be tolerated on or off the field. Foul language will result in punishment. If you would not use that language around your grandmother, **DON'T SAY IT.**
9. **Alcohol & Drug Policy:** The use of alcohol or drugs will not be tolerated. Violators will follow the following consequences, but could also receive additional suspension or dismissal from the program.
 - ◇ Tobacco Products- 2 Games per violation
 - ◇ Alcohol/Illegal drugs- 3 Games per violation
10. **Social Media:** All social media sites operated by athletes will be under scrutiny of athletic coaches. Any unethical, immoral, illegal or conduct unbecoming of a Floyd Central High School athlete could result in following consequences, but could also receive additional suspension or dismissal from the program.
 - ◇ Minimum of 1-game suspension
11. **Injuries:** If a player gets hurt, inform a coach IMMEDIATELY. A player who is injured must see our Floyd Central trainer ASAP and any additional medical assistance as warranted. Once the trainer or other medical personnel has evaluated the player, their prognosis/conditions must be adhered to without exception. Any player who is on "IR" is expected to attend daily practice, games and travel if it is permitted by the medical professional. Attendance is mandatory and attendance rules apply unless deemed otherwise by the coach.
12. **Hazing:** Hazing or bullying will not be tolerated on or off the field. Any form of harassment will not be tolerated in any way, shape, or form. Players should report any hazing or bullying to a coach immediately. Any player involved in such actions may be removed from the program.
 - ◇ All players involved will be suspended until Floyd Central High School completes their investigation of the incident.
13. **Respect:** Be a committed and supportive teammate by showing respect for each other on and off the field. Disrespect in anyway will result in consequences. Also, players should address coaches as Coach Bragg, Coach Hess or Yes Sr., No Sr.



14. **Playing Time: Playing time is not guaranteed; nor is it given. Players earn their time in the games through hard work at practices, being conscientious leaders, and maintaining quality academic status.** Although grades are not directly related to the field of play, the willingness by student-athletes to put forth extra effort in the classroom reflects directly to their willingness to be their best in all they attempt. Coaches will run grades every week during the season and every two weeks the rest of the school year. If a player has D's or F's, he will meet with the Head Coach before the next practice or game for a corrective course of action. If an athlete is on the ineligibly list after nine weeks of any quarter, the athlete will be suspended from the team until the next grading period. Floyd Central High School determines a player's grade status. If you have questions or concerns about this, please see Coach Bragg first to discuss your concerns. If we cannot solve them with mutual satisfaction, we will then proceed to the next step. If a player has a problem with playing time, the player should talk to his position coach first. If player still needs more clarification about the issue, then the player needs to see the Head Coach. I will address playing time with each player, but not with guardians. I will discuss *any issues (beside playing time)* with guardians during the week, but **NOT after the game**. Guardians can email me at jbragg@nafcs.org or call at (812) 542-8504 ext. 3508.
15. **Practice Policy:** The coaching staff has developed our team policies regarding discipline. The goal was to ensure that the policy we enacted was in line with our philosophy. We also wanted to stress the importance of being a part of a team, the responsibilities and commitments that follow. The importance of being at practice every day is immeasurable. When players miss practices, game plans are altered and we take a step back in our preparation for that week's game. Even an excused absence causes the team a set back as that player has missed vital learning. It is our hope that families see and respect the team's time, trying not to interrupt the preparation of the entire team. Although I understand there are situations that student-athletes cannot control and these will be addressed on a one-to-one basis. We see these team policies as fair and within the Floyd Central Football philosophy that we are trying to instill in the development of the person, the player and the team.

Teacher Meeting Times

- ◇ Player can meet with teachers any day after school, but must return to practice/weights with a note from the teacher with a signature and a time of departure.
 - **NO Note = Extra Conditioning**

Minor Infractions

- ◇ Late to any Practice / Meeting= **Extra Conditioning**
- ◇ Not dress properly for practice.
 - Pants rolled up, no mouthpiece in during drills, etc.= Extra Conditioning
- ◇ Behavior deemed detrimental to the team = **Lame Dog, Roll Field, etc.**
 - i.e. – cleats in gym, problem in classes, missing equipment at practice (**per item**), etc.



Excused Absence from Practice can result in up to missing a game

An Excused Absence will be considered on a case-by-case basis for things such as: sickness, death in the family, required medical appointments, and others determined appropriate by the Head Coach. Try not to schedule vacations, work or personal appointments at times of games or practices as they are not excused.

- ◇ Excused Absence = Player that misses practice but has cleared it with a coach.
- ◇ **NO MESSENGERS!** Sending a messenger (a player) counts as an Unexcused Absence

Unexcused Absence results in missing a game plus man eaters

- ◇ Player misses a practice and has not talked with a coach prior to the practice starting via email, phone or face to face
- ◇ Guardians do not excuse a player from practice, players must clear it with the Head Coach.

Penalties

1. One practice– miss 1 game
2. Two practice– miss 2 games
3. Third practice- dismissal from team.

16. **Holiday & Break Practices:** We will practice on holidays and breaks that may fall during the season. The athlete's attendance is mandatory. Failure to do so will result in an unexcused absence. Your support will be greatly appreciated.
17. **Character:** Be a winner by representing yourself, your family, your team and your school in a manner in which everyone can be proud.

Team – Together Everyone Achieves More!

Go Highlanders and Let's Have a Great Season!

I, James Bragg, Head Football Coach at Floyd Central High School, along with my staff, we have created and read the player's rules and expectations above. We deem them to be fair and believe following said guidelines will create positive results on and off the football field.

HIGHLANDER FOOTBALL



PLEASE SIGN & RETURN

FOOTBALL TEAM RULES & EXPECTATIONS

I, _____, football player at Floyd Central High School, have read the above player expectations. I deem them to be fair and believe following said guidelines will create positive results on and off the football field. I understand that failure to follow said guidelines can result in disciplinary action against me and possible removal of the privilege of playing football for Floyd Central High School.

Parent/Guardian Signature:

Date: _____

Player Signature:

Date: _____

HIGHLANDER FOOTBALL