**RULES, REGULATIONS AND CONDITIONS**

 Congratulations on being selected to be a part of the Central High School Athletic Program this season. The administration and coaches hope that this will be an enjoyable and positive experience for you and your family. We want to make sure that you are fully aware of and understand the commitment the school will make towards you and in turn, what our expectations and your obligations will be for being a member of our program. Please review the points below so that you are aware of the expectations of you as an athlete at Central High School.

\_\_\_\_\_ Being a member of the Central High School Athletic Program is a privilege not a right. This privilege is maintained through hard work in school, in practice and competition, in the community and at home. As a Central High School athlete, you are held to the following standards twenty-four hours a day, seven days a week. This privilege can be revoked at any time if any of the below rules, regulations, or conditions are not met.

\_\_\_\_\_ Athletes are expected to be present for tryouts/practice at the official (FHSAA designated) start of the sport season. Students playing another high school sport that overlaps the next sport, will be afforded equal opportunity to try out for the same number of days as others who tried out, once their first sport has come to its season’s end. Students who are not present for the first official day(s) of practice or tryouts might not get additional days to tryout unless previous arrangements have been made with the head coach. This is at the discretion of the head coach.

\_\_\_\_\_ There is no guarantee of minimum playing time. Athletes not happy with their playing time should ask for help and be willing to do extra practice to improve. This does not guarantee more playing time.

\_\_\_\_\_ Student/Athletes are students first and athletes second. Please be aware of the academic requirements for you to remain eligible to practice or play. You must maintain a minimum 2.0 cumulative G.P.A. to play.

\_\_\_\_\_ Athletes must attend all study hall sessions when provided. Failure to attend study hall will result in the athlete being ineligible to practice or play that day.

\_\_\_\_\_ Do not miss school and expect to practice or play in games. Nonattendance in school means no practice or game play for at least that day. You must be in all classes on your schedule to be eligible to practice or play. Be on time to school and to your classes. Excessive tardiness or absences may result in suspension or dismissal from the team.

\_\_\_\_ Student/Athletes may not play or participate in interscholastic athletic contests (games, matches, etc.) if he/she is listed on the 10+ unexcused absence list or is listed as having 10 or more unexcused tardies to school and/or unexcused early dismissals from school.

\_\_\_\_\_ Student/Athletes may and must participate in practices in preparation for athletic contests, even though he/she is listed on the 10+ unexcused absence list.

\_\_\_\_\_ Whenever possible, arrange doctor and dental appointments before or after practice, or on off days. If you miss school time for an appointment, prior notice must be given to your coach to allow you to still practice or play that day. These arrangements should be made prior to the absence, or you will not be allowed to practice or play.

\_\_\_\_\_ Do not have excuses to get out of practice. A practice schedule will be issued to every player in advance. Work schedules and other commitments should be scheduled with the team’s schedule in mind. Please note, on occasion it may be necessary to change practice times on short notice. Although this will be a rare occurrence, athletes are still expected to attend practice. Leaving practice early is not acceptable and will result in reduced playing time or other consequences.

\_\_\_\_\_ School suspensions of any kind will not be tolerated. Any form of ISS will mean the athlete may not play in competition that day, but can attend the game out of uniform. Student/Athletes in ISS are expected to attend practice that day. OSS means the athlete may not attend practice or games as they are not allowed on school board property. OSS or repeated ISS may result in dismissal from the team.

\_\_\_\_\_ Alcohol, tobacco, Vap-pens or drug use or possession is not allowed. These infractions will be dealt with as per the guidelines set forth in the Hernando County School Board Athletic Policy. Athletes who are serving an alcohol or drug related suspension and are not on OSS or in ISS will be expected to be at practices and attend games.

\_\_\_\_\_ Athletes suspended from games that are not the result of a school suspension, must attend any games during their suspension but may not be in uniform. Athletes will be expected to sit on the bench with the team, be supportive of their teammates, conduct themselves in an acceptable manner, and contribute in any way possible.

\_\_\_\_\_ Team members must be at practice. Team members must be on time for practice. Team members must be prepared for practice. Team members must pay attention and give their best effort during practice. Being late for practice will not be tolerated and will result in a reduction of playing time or other consequences. Missing practice will mean reduced playing time, not playing in next game or other consequences. Repeat offenders may be suspended or dismissed from the team. Please be aware there may be Saturday practices and games.

\_\_\_\_\_ Do not leave for trips or vacations and expect to play when you return. Missing time in the middle of the season causes problems in our ability to have full practices and have the proper personnel for games. While you are gone other athletes will be used to fill your role. While you are gone new plays and information will be added. It will be at the coach’s discretion as to when or if you return to the lineup.

\_\_\_\_\_ If you are injured during practice or during a game, inform a coach immediately.

\_\_\_\_\_ If you are injured you must attend all practices and games unless prior arrangements are made with your coach. You are expected to be attentive during practice so you will continue to know what the team is doing. You are expected to sit on the bench during games, be supportive of your teammates, act appropriately, and contribute in any way you can.

\_\_\_\_\_ All athletes are expected to ride the bus, when provided, to and from all games. Prior permission must be given by the coach to do otherwise. The bus leaves on time and waits for no one.

\_\_\_\_\_ Be on time for games. In the instances when we do not provide transportation to an away game, team members are to be at the game site on time. Failure to be on time will result in lost playing time or other consequences. Continued violation of this rule may result in suspension or dismissal from the team, or other consequences.

\_\_\_\_\_ Exemplary sportsmanship and on field conduct is an expectation of Central High School Athletics. Any student/athlete ejected from an official FHSAA contest may be required to serve an additional game(s) suspension to that issued by the FHSAA or other school based consequences, and will be responsible for the payment of any fines levied by the FHSAA as a result of that ejection, before they will be eligible to return to game play. Athletes should still attend and participate in practice during any such suspension.

\_\_\_\_\_ Any and all Hernando County School District mandated Athletic Fees must be paid prior to the team’s first contest.

\_\_\_\_\_ Any athlete who quits or is dismissed from a Central High School Athletic Team will not be reimbursed their Athletic Fee or any other team fees and will be responsible for payment for any equipment, uniforms, etc. ordered on their behalf. The athlete will be expected to return any school uniforms or equipment they were issued immediately following their dismissal or quitting.

\_\_\_\_\_ Any athlete who quits or is dismissed from a Central High School Athletic Team may not participate with another school team in any way, until the original sport that they quit or were dismissed from has completed their season, including any and all district tournament competitions and state playoff competitions. This includes all off season workouts/conditioning of the new team.

\_\_\_\_\_ Any conduct deemed detrimental to the team listed on these pages or otherwise, may result in suspension or dismissal from the team or other consequences.

\_\_\_\_\_ Violations of these rules, regulations and conditions will be dealt with on an individual basis, using past violations and history of the athlete as a basis for decisions regarding disciplinary action(s) and consequences.

\_\_\_\_\_ These pages represent the rules, regulations and conditions of participation in the Central High School Athletic Department. Any of these rules, regulations and conditions that are contrary to the policies of the Hernando County School Board are superseded by those policies. Please visit the Hernando County School Board website to review the Hernando County School District Athletic Handbook at hernandoschools.org.

\_\_\_\_\_ Please be aware that the Hernando County School District’s Student Code of Conduct applies to all student/athletes at all times.

\_\_\_\_\_ Always remember the rules.