**Boys’ Basketball Rules and Regulations 2023-24**

***Team Conduct***

As a member of this athletic team, you have certain privileges that other students do not have. Remember you are representing your parents, your coaching staff and your school.

***Team Selection***

Those candidates who possess the athletic ability, basketball skills, proper attitudes and behaviors, and commitment to a high level of competitive play will be selected as members of the varsity and junior varsity teams.

***Game and Practice Regulations***

Your attendance is required each day we have practice. **It is the players’ responsibility to personally contact their coach prior to any practice, game, or team function which they cannot attend.** Practices are held after school and on weekends. You are expected to be in school and at practice except when you are ill or have to miss for unavoidable emergencies. **On the third unexcused absence you will be dismissed from the team.**

During inclementweather, members are excused from practice if parents/guardians feel travel is unsafe.

All injuries must be reported immediately to the coach and trainer. All details of the injury should be supplied at that time.

Keep all valuables locked. The school district or coaching staff is not responsible for any lost valuables.

Participation and membership on the basketball team includes accepting the responsibility of meeting all school rules and regulations. Any behavior unbecoming of a Bermudian Springs athlete is prohibited and is justification for disciplinary action at the discretion of the coach.

***Travel Regulations***

Team members must arrive at the school 10 minutes prior to the bus’s departure. Players are expected to use whatever transportation is provided to all scrimmages, games and school sponsored activities related to basketball. A signed note, approved by the school administration, is required for a release to a parent/guardian following a game. During bus travel, team members should be quietly resting and relaxing. Talking should be kept to a whisper and should not be continuous. Cell phones with headsets/earbuds are permitted on the bus. Snacks and food are permitted as long as garbage is properly removed. Snacks should be eaten after contests.

***Equipment Regulations***

Team members are responsible for proper care and return of equipment issued during the season. All team members are responsible for washing and caring for their uniforms and equipment. Please be careful and follow washing instructions, which are on labels in uniforms. Team members are required to wear only the equipment issued during basketball functions. Any additional item must be approved by the coach. Team members are encouraged to wear specific shoes during the game and practice sessions. The color of the shoe can be black, white, red, or gray. Equipment issued must be worn only during basketball activities.

**\*\*Any violation of the rules and regulations will result in appropriate disciplinary action by the coach.**

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I have read and understand the player’s handbook for the Bermudian Springs basketball team. I understand that the rules will be in effect for the entire basketball season.

Player Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Player signature and date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian signature and date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Bermudian Springs Boys’ Basketball Playing Time Philosophy**

We believe that playing time is **earned,** not **guaranteed,** at all levels of school. We understand that players aspire to join the basketball team to play and have fun, not to sit on the bench. Earning a spot on the basketball team is a commodity that should be valued and treated as such. Coaches will be assessing playing time by three factors - **Attitude/Effort, Attendance, and Aptitude.**

**Attitude/Effort -** Student-athletes are expected to show a positive and respectful tone of voice, body-language, and facial expressions towards teammates, officials, and coaches. The dropping of heads on missed shots, not hustling back on defense, and not practicing to one’s full ability are detrimental to the growth of the team. Full effort is expected within the classroom as well.

**Attendance -** Players are expected to attend school, practices, and games for the entire duration. If a player must miss practice they are expected to have a written excuse that is turned into the head coach. Players should be prepared to start practice immediately at the start time. Players that are ill should call/text the coach. Excessive missed practices may result in suspension or removal from the team.

**Aptitude -** This is theskill and knowledge of basketball that are important for the team to accomplish goals. This means learning our offensive and defensive styles, being coachable, and taking the time to keep fundamentals sharp.

**Playing Time Conversations and Protocol**

We encourage conversations regarding playing time. However, these conversations should take place at appropriate times and in an appropriate fashion. It is the **PLAYER’S RESPONSIBILITY** to initiate any contact regarding playing time concerns. Coaches will not have conversations with parents about playing time until the player has met with coaches. We will follow the following protocol when addressing playing time concerns:

1. **Players** should address concerns with their head **coach**. Coaches have an open door policy and will happily sit down and discuss playing time. No athlete will ever be punished or scrutinized for having a mature conversation with their coach.
2. If the first meeting does not provide clarity or resolution, **parents** may request a separate meeting with just the **coach**. We believe that to grow as young men, players should be taking the initiative on this topic. Players are welcome to attend this second meeting as well.

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I have read and understand the Playing Time Philosophy for Bermudian Springs Boys’ Basketball.

Player Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Player Signature and Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian signature and date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_