

Windsor Locks/Suffield/East Granby Raiders Football Team Rules

All players are required to follow the team rules outlined below in order to instill self-discipline, teamwork, responsibility, hard work, and adult decision making skills. The breaking of these rules will be dealt with seriously. Failure to follow these rules may result in a suspension and/or dismissal from the team. If the infraction is considered serious or pervasive enough, then the player(s) will lose the honor to play football. Above all, each player must understand that playing football for the Raiders is a privilege and not a right. All players are subject to their school and athletic department rules.

Squad Make up

1. Making the varsity team is based on: **Attitude, Ability, and Aggressiveness.**
2. **First practice is August 19, 3:30-6:30 at WLHS.**
3. If you cannot attend conditioning and/or practice then you will not be able to play football unless there are extenuating circumstances communicated to Coach Qua in advance of the first practice.
4. Paperwork should be submitted prior to participation in official football practice: health/physical form, cardiac form, concussion form, contract, team rules, and pink card.
5. Team placement, strategy, and playing time are at the sole discretion of the coaching staff, they are not part of any conversation with a parent.
6. Players may be moved from the varsity to junior varsity or from position to position at the sole discretion of the coaching staff, always putting the team's needs first.

Practice

1. Practice is essential for success. Players are expected to attend every practice, especially conditioning, and give your very best! Be ready to practice from 3-5:30 on normal school days.
2. Daily practice begins at 3:00. You are expected to see the trainer, set up the practice field, and be in equipment on the practice field by 3:00. If you are late then you must inform a captain and bring a pass.
3. The only excuse for missing practice is absence from school. If you work or play other sports then schedule your time around our team practice. Regular attendance to practice teaches us responsibility, commitment, and dedication.
4. If absent from school then you cannot play in the game/practice that day. Please inform a captain if you are not in school.

Injuries

1. All injuries must be reported to the coaches and trainer. Minor injuries are not an excuse to miss practice. All treatments should be taken care of before practice start time, 2:15-3.
2. Players should notify a coach before reporting to the trainer. The player will need the trainer's approval before reentering any contest or practice.

Personal Conduct

1. Do your schoolwork, get good grades, and stay out of trouble. Let your school community know that football players are caring people and good students.
2. Remember, you represent yourself, family, and school in all situations. Therefore, show respect to your coaches, teammates, opponents, and officials. Players do not speak to referees regarding a call under any circumstances!
3. All players will wear game jerseys or ties before games.
4. Smoking, drinking, or the use of any drug is strictly prohibited. Failure to follow this student-athlete guideline, as described in the Athletic Department's Student-Athlete Contract, will result in the most serious consequences.
5. The use of any profanity and disrespectful behavior will not be tolerated.
6. Skipped practices, tardies, or any other unexcused absences will result in loss of playing time and possible suspension/dismissal.
7. There will be no hazing or rough housing especially in the locker room or on transportation. While on the team bus, players will refrain from using cell phones, although personal music devices are acceptable, and act in a courteous manner at all times. Unplug and talk to your teammates.
8. Players are responsible for maintaining and cleaning the locker room (2 players per locker), uniforms, and equipment. Players will be charged for all damaged or lost materials.
9. Players should address any personal issues with playing time or strategy with the coaches' first and not other players or parents. Personal responsibility and self-advocacy begins with players demonstrating responsibility.
10. All players and parents should review the practice and game schedules. Please notify captains prior to absence(s).

First practice in summer is Monday August 19, 3-6:30pm. All players should bring the following to the first practice:

- Signed team rules
- Signed player Contract
- Nurses card (verification of physical from your school nurse) **or** health/physical form
- Signed concussion and cardiac forms

All forms are available online under the athletic department tab, athlete forms tab, for each school. Players without proper paperwork will not be able to practice.

Football Rules Agreement Sheet

I have read and understand the football team rules. I will abide by these rules to make myself a better person and my experience on the football team a valuable life lesson.

Student signature _____ Date _____

Parent signature _____ Date _____

Student email: _____

Student cell phone: _____