

MARPLE NEWTOWN HS FOOTBALL DISCIPLINE CODE

A. ON THE FIELD

1. Helmets must be worn throughout practices except when removal is prescribed by a coach
2. Act like a *winner*---come to play. Run from station to station on the field. Be excited. Don't walk or sit unless instructed by a coach.
3. Never leave the field or drill area without the permission from your coach.
4. Don't use *profanity*.
5. Be present and on time for practice **everyday**.
 - a. See Coach Gionta, if you must leave during the school day or during camp **call 610-359-4291**.

The following are not acceptable excuses for being late or missing practice:

- Training room- if you are to be taped, get to the room immediately after school. *Players will not be in the training room unless they are receiving treatment. Routine treatment should not be given at the start of practice.*
 - Doctor and/or Dentist Appointment- *Please request that your parents schedule all appointments before or after the football season.* If this is not possible, schedule appointments in the evening. When there is an emergency, please have your parents contact Mr. Gionta.
 - Detention- all detentions will be marked as a late practice. There is no excuse for receiving detention.
- b. If you are absent from school due to illness, your absence will be excused.
 - c. 1 unexcused practice will result in the player losing playing time in the game that week.
 - d. 3 unexcused practices will result in dismissal from the squad.
 - e. Attendance is mandatory at all pre & post practice activities (weight lifting & meetings). If a player misses these unexcused, it is the same as missing practice.
 - f. If an athlete is injured, he should still be at practice.
6. Concentrate and give 100% effort at all times. Take a business like approach to practice. *"Perfect practice makes perfect"*
 7. Do not speak to opponents, officials, or spectators.
 8. Don't be a showboat. This puts attention on the individual and not the team. Don't be a cheap shot, play by the rules.
 9. **Any player who demonstrates a lack of discipline or sportsmanship will be removed from the game immediately. The player will return at the coach's discretion.**

B. IN THE LOCKER ROOM

1. No fooling around in the locker room.
2. The locker room and bathroom areas will be kept clean. Pick up after yourself.

C. EQUIPMENT

1. Look like a *winner!* Dress as a member of the football team . Any undergarment must be orange, black or white. Keep shirttails tucked in and no tape on the outside of pants or jerseys. No tape on shoes (unless medical reason). Black shoes must be worn for games.
NO BANDANNAS. NO JEWELRY.
2. Never throw or sit on your helmet.
3. Record all equipment problems to the managers before practice.
4. Loss of equipment is your responsibility. Do not borrow equipment from other players; if you need something ask.

5. Have sneakers available for indoor practice, in case of inclement weather.
6. Sophs & Frosh will take out and bring in all field equipment before & after practice.

D. INJURIES

1. Prepare like a *winner*. Report all injuries to the trainer and follow instruction on treatment.
2. Everyone will dress for practice unless prior permission has been granted.
3. If you are injured and out for the year; hand in equipment and attend all games as a member of the team.

E. TRAVEL CONDUCT

1. All players should be focused on their job and should therefore remain quiet on the bus. There is no need for loud talking or laughing.
2. All players must travel to and from the game on the bus. Unless prior arrangements have been made.
3. Return trip behavior will be dependent on game performance. If you have something to celebrate, feel free.

F. BE A WINNER...DO THE RIGHT THING!

1. Discipline yourself to study your assignments, be in condition and to train properly. It is everyone's responsibility to maintain their health and well being both mentally and physically, so as to make a maximum contribution to the team's success. Diet and rest are essential.
2. CURFEW night before a game. PM KICKOFF= 10PM. AM KICKOFF=9PM. Violation will result in suspension from the game.
3. NO SMOKING, DRINKING ALCOHOL OR USE OF ILLEGAL DRUGS. 1st violation-suspended. 2nd violation - dismissal from the squad. Same as MNSD Policy.
4. NO STEALING.
5. No excuses...don't talk back.
6. Treat managers, trainer, coaches, and each other with dignity & respect. There will be no harassment of others.
7. Behave yourself in school; follow the school discipline code. No demerits or detention. Eligibility rules apply.
8. If you receive 2 failures at any time during the 1st marking period, you will be ineligible. Eligibility is checked on a weekly basis. **DON'T LET THE TEAM DOWN!**
9. Be a **TEAM PLAYER**, placing team goals ahead of personal goals. Accept any role or position on the team for which he is needed.

G. ENFORCEMENT

Violation of these rules will demonstrate that the player no longer wishes to be a part of MNHS football and appropriate action will be taken by the coach. All rules will be enforced. The breaking of a rule may result in dismissal or suspension from the team
I have read the regulations for the MN HS Football Program and understand that penalties will result when deemed necessary by the MNHS Football Coaching Staff.

ATHLETE _____

PARENT/GUARDIAN _____

DATE _____