

Athletic Code of Conduct and Team Rules



Dress Code

- **Dress During Games:** Complete uniform must be worn and it must be tucked in. The complete uniform includes the following: team jersey, team shorts, team decided color of socks, and your basketball shoes. If a warm up shirt or pants are included, they are also mandatory.
- **Dress During Practice:** Sport shorts with a T-shirt covering entire front, back and mid-section..
- **Dress Entering/Leaving:** Whether it is practice or a game, you must have your arms and legs covered during winter/cold season. We do not need a team of sick players. We recommend a hat!!
- **Shoes:** Recommend basketball shoes that are high or at least mid-high for ankle support. Basketball shoes are not allowed to be worn in or out of the gym. It messes up the gym floor and also makes it very slippery.
- **Hair:** Hair must be pulled back out of the face for all games and practices. No metal or plastic ties.
- **Jewelry:** No jewelry of any kind allowed during practice or games, no matter what.
- **Uniform Care:** Each athlete and family is responsible for the care and return of the uniform given to them. These uniforms will cost \$60.00 per set to replace if you lose or damage them. So please take proper care in washing and knowing where they are at.
 - 1. Wash in cold water. 2. Do not use abrasive detergents. 3. Do not use bleach of any kind, or detergents that have bleach in them. 4. Line dry rather than use the dryer.

Academic Policy

Some teams will monitor grades. Although we are not a school-associated program, to be a part of this program, you must be able to agree to the following policy to participate on this team.

- To be able to participate in games, practices and all other team activities, your grades must be C's or higher.
- If a grade should fall below a C for one or more classes, the student-athlete cannot participate.
- Once the grade(s) are back up to a C or higher for all classes, the student-athlete may participate again.
- If this happens twice in a season, you must have a meeting with your coach, manager, and parents before being allowed to participate again.
- To monitor grades, you must turn in a team grade sheet form weekly to your coach signed by all teachers and your parent. No form in means we assume your grades are below a C.

We know that some parents may require a stricter academic policy for their student-athlete. We ask that you inform the coach of the policy so he/she is aware prior to season.

Game Playing Time

This is always the biggest issue when participating in a team sport. We have this Club for the development of our athletes and every athlete will get in games. Based on the game the coach has full authority to juggle substitutions and still try and secure the win. Substitution is the call of the coach not the parents and is final!

Attendance Policy

Attendance is required. To be fully prepared and fair to all players our policy will be as follows:

1st absence = out the next game, 2nd absence = out the next two games, 3rd absence = off team

Absences that are school related, due to illness or for family emergency will not be counted as long as the coach receives notice prior to the practice or tournament. **You must communicate with your coach ahead of time!** In the case of cancelled school all Flame events will be cancelled.

Parental Conduct

Parents are to act as responsible adults being the positive example their athlete needs them to be. Parents who verbally attack teammates, coaches or opponents will get one warning and then a referral to the Flames Basketball Club for further attention.

Athlete Conduct

Swearing and coarse language, inappropriate gestures, etc. will NOT be allowed during practice time or games. If a player gets a technical due to their inappropriate behavior or language during a game they will promptly come out of the game! No player is allowed to argue, or make any obscene gestures over a referee's call or any game situation or they will be removed from the game and may face further action! Players involved with improper interaction or disruptive behavior with teammates, coaches, opponents or opposing school personnel before, during or after a practice or game may result in suspension from the team. Athletes must show team support at all times, and not negative emotion towards coaches or teammates. Any athlete who sits out for discipline reasons must still participate in practices.

Respecting One Another

Players are to respect their teammates, coaches and opponents to the highest degree. Player actions are monitored at all times by coaches and if out of line they will be penalized.

Athlete and Parent Concerns

If you have concerns/comments don't hesitate to come to your coach and discuss it in a private. If you feel you are not getting results in this fashion feel free to contact Flames Basketball Club to arrange for a 3 way discussion. All coaches wish to develop a good relationship with players as well as parents/guardians.

Athlete and Parent Agreement

In consideration of my membership on my team, and my participation in practices, tournaments, events and activities, I agree to be bound by each of the following:

1. Eligibility: I agree to comply with the rules of this team.
2. My fee to play is non-refundable if I choose to not participate for any reason.
3. Readiness to Participate: I will only participate in activities, competitions, and events for which I believe I am physically and psychologically prepared. Prior to participation, I will have practiced my exercises and will perform only those exercises that I can accomplish to the degree of confidence necessary to assure I can perform them without injury.
4. Medical Attention: I hereby give my consent to my team and/or the Host Organization to provide, through a medical staff of its choice, customary medical/athletic training attention, transportation, and emergency medical services as warranted in the course of my participation.
5. Waiver and Release: I am fully aware of the risks, including the risk of catastrophic injury, paralysis, and even death, as well as other damages and losses associated with participation in basketball activities and events. I further agree that my team, and the sponsors of my team, along with volunteers, managers, coaches, and directors of these organizations shall not be responsible for any loss or damages occurring as a result of my participation in the event.
6. Team Player: I will be a good team player my teammate and coach can rely on. I will not be distractive or a problem with the team or coach during anytime associated with this team. I will be responsible and reflect a positive image of my team.
7. Team Rules: I have read and fully agree to cooperate with the team rules.
8. Uniforms: I agree to care for and return my uniform as described in Team Rules. Please take great care in cleaning and keeping this garment. If the uniform is lost or ruined by athlete they will have to replace it at a cost of \$60.00 each.

I hereby give consent for this athlete to participate in Flames Basketball Club. I accept full responsibility for any injuries that might occur to our daughter through their athletic participation. This responsibility includes any medical bills that may arise in excess of any insurance coverage. I understand that the Flames Basketball Club, or any person associated with it are not liable under the law and cannot legally accept responsibility and pay for such injuries.

Warning: *Although participation is supervised, involvement may result in risk of serious injury. Injury may range in severity from minor effects to death. Although serious injuries are not common in supervised programs, it is impossible to eliminate the risk.*

As the athlete and the parent/guardian of this athlete we agree with the Flames Basketball Club Athletic Code and Rules. By signing the REGISTRATION, TEAM RULES AND WAIVER FORM we acknowledge that we have read and understand this information given us.