

# Central Kitsap Football Rules

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

## CONTACTS:

**Coach Keel - Cell:** (360)731-0837, **Office:** (360)662-2434, **Email:** markk@ckschools.org

1. All players will have all paperwork, including a current physical on file at Central Kitsap High School in accordance to the policies set forth by Central Kitsap School District. Players will not be allowed to try-out or participate without the proper paperwork.
2. All players will follow the Central Kitsap Athletic code.
3. Proper safety equipment will be worn at all times.
4. Colors for Practice gear will be Orange, white grey and black. When wearing game uniforms, they will be clean with shirt tails tucked in. Any jewelry including non-metallic items are not to be worn at games or practices.
5. No player will throw or abuse any football equipment (including their own). Offending player(s) will be assigned extra Cougar conditioning. Habitual abusers will be removed from the team.
6. The football field is an extension of our program. Players will be asked to assist in its care. This will include putting away equipment, picking up garbage and any other duties assigned by the coaching staff.
7. All players will attend **ALL** of the classes they are enrolled in. Players who miss a class for any reason other than a medical excuse will not be allowed to play or practice that day. **Any absences as a result of missed classes are considered an unexcused practice.**
8. Practice starts at 3:00 not 3:01 or 3:05. Players are to be on time. Players who are late will be assigned extra Cougar conditioning. **Players who continue to be late will be removed from the team.**
9. **CONDUCT CONSIDERED DETRIMENTAL TO THE TEAM WILL RESULT IN IMMEDIATE REMOVAL FROM THE TEAM. COACHES WILL HAVE ALL DISCRETION ON THIS CONDUCT.**
10. Players are expected to be at all games and practices. If a player knows they are going to be late or gone from practice **they MUST CONTACT COACH KEEL BEFORE PRACTICE.** If a player does not contact **COACH KEEL** the player is considered

**unexcused. The only excusable reasons for missing practice are, Illness, Academic reasons, and family EMERGENCY. Below Consequences are listed.**

**1<sup>st</sup> offense – One game suspension**

**2<sup>nd</sup> offense – Two game suspension**

**3<sup>rd</sup> offense – Possible removal from the team**

- 11.** Players will not use profanity in the locker room or on the field. Extra Cougar conditioning will be assigned and **continual abuse could lead to suspension or removal for the team.**
- 12.** No player will talk back or argue with officials. Your job is to play football. Let coaches take care of the officials. If you talk to an official they are to be addressed as Mr. or Mrs.
- 13.** Any player who suffers an injury at practice or a game must report it to Mr. Ahlstrom, Head Trainer. Do not leave practice or a game with an injury unreported.
- 14.** Players will be asked to fundraise to supplement the football budget. Every player is expected to participate in **ALL** fundraisers.
- 15.** There will be no freshman or sophomore initiation. We want the young players to feel welcome to our program.
- 16.** All players must ride team transportation to and from away games. Coach Keel may approve an exception to this rule for personal reasons; this notification must be made a minimum of 24 hrs. Or 1 school day in advance whichever is greater.
- 17.** Electronic devices are not to be used at practice or during games. Devices should be powered off during practice and games. Appropriate use of these devices is permitted on our team bus. Players will be sent home from practice should this policy be abused. (I.e. Cell Phones, mp3 players, portable game systems...)
- 18.** Players will treat each member of the team with respect this includes teammates, coaches, managers, trainers, teachers, janitor, administration, or anyone else who helps our team.
- 19.** Players will not play on another team during the high school season. This includes practices and games. Once the high school season is over you are free to participate with other programs. Other teams would include recreation basketball, soccer, baseball, wrestling.....

**Parent Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Player Signature:** \_\_\_\_\_