**CENTRAL KITSAP FASTPITCH RULES**

**Head Coach: Courtney Lacock JV Coach: Dave Zeismer**

**425-417-8990 360-620-2739**

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. Players will always use helmets when hitting in any live situations, cages or drills.

4. Proper gear will be worn at all times during practices and games. Players will always wear long sleeves, sweats or softball pants (absolutely no shorts) when outside, unless otherwise okayed by the head coach.

5. No player will throw or abuse any equipment (including their own). Offending player(s) will be assigned extra conditioning. Habitual abusers will be removed from the team.

6. The softball field is an extension of our program. Players will be asked to assist in its care. This will include raking, weeding, picking up garbage and any other duties assigned by the coaching staff. Set up and take down duties are required by **ALL** players.

**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 absence.**

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 conditioning. Players who continue to be late will be removed from the team.

9. 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 a coach beforehand.** If a player does not contact a coach the player is considered unexcused. It is **YOUR** responsibility to communicate with the coach, not your friend, or your parents.

Consequences may include:

1st offense – One game suspension

2nd offense – Two game suspension

3rd offense – Removal from the team

10. Players will not use profanity in the locker room or on the field. Extra conditioning will be assigned and continual abuse could lead to suspension or removal from the team.

11. No player will talk back or argue with umpires. Your job is to play baseball. Let coaches take care of the umpires. You will shake the umpires hand before every game, and be respectful when addressing them in any way, shape or form. If you have an issue with a call, let the coaches know and we will take care of it.

12. All players will understand and sign a playing time contract.

13. Any player who suffers an injury at practice must report it to a coach. The coach will then determine if the trainer is needed. Do not leave practice with an injury unreported.

14. Players may be asked to fundraise to supplement the baseball budget.

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 (buses or vans) to AND from away games. Coach Lacock 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. Only appropriate use of these devices is permitted on our team bus.

18. Players will treat each member of the team with respect. This includes teammates, coaches, managers, trainers, scorekeepers or anyone else who helps our team.

19. Players can **NOT** miss high school events due to playing 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.

**20. We may practice and play games over spring break. Players are expected to attend practices and games during break.**

21. Jewelry is **NOT** allowed during practices and games. Please remove ALL jewelry prior (medical bracelets are permitted).

22. During games you must look professional. This means your shirts will be tucked in at all times.