

## RMS GENERAL ATHLETIC POLICIES

(Each sport will have more specific rules and policies.)

### Participation in Athletics:

- Athletes are expected to participate in scheduled activities each day. Missing practice without the required documentation (note from parent, doctor, or tutorial teacher) will result in conditioning to make up for lost practice time. In addition to making up conditioning, grades will be lowered by 5 points for lack of participation in practice. Injured athletes need to attend practices and games to assist the team.
- Attend and be punctual to **ALL** scheduled practices and games including tournaments, regardless of day or time. All athletes are encouraged to try-out for every sport because at this level, he/she does not know his/her potential. All athletes are strongly encouraged to participate in at least 3 different sports offered at RMS. **Any outside activities will be second to scheduled school athletic activities.**
- Parent note may excuse an athlete for up to 3 days. After the initial 3 days, an athlete must bring a doctor's note if more time is required. A doctor's note is valid until the doctor clears the athlete to participate.
- Each athlete will ride the bus to and from events that occur off campus. Parents may pick up their child after they have spoken to a coach. Parents must sign-out athlete before leaving the event. **Prior written permission with contact phone number from PARENT must be received in order for athlete to ride home with anyone else besides their own parent/guardian. New notification must be received for each activity.**
- All athletes and their family members are required to follow the Code of Conduct. Additionally, RMS disciplinary policies will be followed.
- No PASS, No PLAY UIL Rule: If an athlete fails any class, he/she is ineligible for the following 3 weeks and cannot participate in any athletic contests, but is expected to participate fully in practices. Eligibility may be regained at the 3 week mark (progress report OR report card).
- Participating in school athletics is a privilege. Athletes must maintain passing grades and satisfactory conduct in order to remain an active participant. You are representing RMS!

### Dressing for Athletics:

- Athletes must be suited up and equipped each day according to sport season. Failure to do so will require extra conditioning as determined by head coach of the sport in season as well as the loss of 5 points towards the weekly grade. **All athletes must have the official athletics uniform including shorts and t-shirt.**
- No jewelry
- No sagging
- Hair **MUST** be above the eyebrows and off the collar; no facial hair (Birdville High School Athletic Policy for **Male Athletes**)

### Locker Room Standards:

- All lockers will have a lock. Failure to secure a locker will result in extra conditioning each day.
- Absolutely no horsing around of any kind will be tolerated. Referrals will be written for any type of horseplay deemed inappropriate by coaching staff. Extra conditioning will be assigned for less serious offenses. **Hazing or harassment will not be tolerated.**
- Each athlete is responsible for keeping the locker room clean. The coaching staff expects lockers, equipment, and clothing to be kept clean and organized to maintain a healthy environment for all athletic participants. Extra conditioning will be assigned to motivate the team to keep locker room clean.

### Tutorials:

- Students attending tutorials must obtain an athletics tutorial pass from the teacher. The pass must be presented to coaching staff before the scheduled tutorial. After tutorials, the pass must be returned to coaching staff completed by the teacher conducting the tutorial. Athletes without a pass will not be allowed to leave practice.
- Please schedule a meeting with the coaches if you have a concern. *Meetings will not be held immediately following a game.*

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**Consequences:**

A student who chooses not to participate, does not dress in required uniform, or uphold the standards of behavior is subject to the following penalties:

- **The first occurrence will result in a conference with a coach followed by a parent phone call.**
- **The second occurrence will result in a one week suspension including one game.**
- **The third occurrence will result in the removal from the athletics program via schedule change.**

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date