

# GOHS Baseball Program Rules and Regulations

- 1) Player shall follow all uniform guidelines set forth by each head coach, failure to comply with the uniform guidelines will result in removal from practice or game.
- 2) Prior to entering the field Players shall have appropriate attire: Full uniform, tucked in, forward cap, Tennis shoes or turf shoes (Closed toed shoes)
- 3) No bullying, harassing, or hazing of other students or teammates will be tolerated. This will lead to removal from team.
- 4) The Throwing of equipment during practice or game will not be tolerated. These actions will result in immediate removal from a game or practice.
- 5) Profanity towards another teammate, coach, opponents or at all will not be tolerated. These actions will result in immediate removal from practice, games, and possibly suspension from the team.
- 6) You will not show up/confront umpires, opposing players, opposing coaches, or spectators. Those actions will lead to removal from the game
- 7) Electronic devices (phones, tablets, air pods etc.) will NOT be allowed during practice period or games. Once player goes through the field gates, electronics will not be permitted at any time. If found using an electronic device, players will be removed from lineup, removed from practice (unless it has been communicated with the coach beforehand)
- 8) All baseball related equipment (Balls, field equipment, nets, etc.), shall be put away in a neat an orderly fashion prior to the departure of any player. Everyone will participate in field maintenance/clean up at the conclusion of practice or games.
- 9) Everyone will work to maintain our fields and keep it clean. Pick up and throw away all garbage. Leave the dugout and field area in better conditions than when you arrived. This includes opposing team's facilities as well.
- 10) Clubhouse SHALL always remain neat and orderly. Failure to comply will result in the clubhouse being off limits to all players.
- 11) The clubhouse will be closed during practice and will be opened once ALL tasks are complete, and practice is over.
- 12) You will run out all ground and fly balls at full speed, no matter how inevitable a put out might appear. There will be a HIGH emphasis on attitude, effort and hustle. Failure to do so will be met with swift removal from a game or practice.
- 13) Poor body language is unacceptable in any circumstance and will not be tolerated.
- 14) Be on time! There will be NO excuses accepted for being late for practice or a game unless we are **notified in advance.**
- 15) Missed practices without prior arrangements will not be tolerated. One missed practice, Missed start; second, one half game suspension; third, full game sit out. (Some absences are excusable; contacting your coach will show your responsibility). Our schedule is put out WELL ahead of time so arrangements (appointments, vacations, etc) be made with the practice/game schedule in mind.
- 16) If for some reason you will be absent or late for practice or game you will personally talk to one of the coaches prior to the practice or game time, preferably at least one-day in advance. If you miss school due to an illness, send an email or Heja message to a coach

that morning. Missing time/games for recreational activity is not a good situation for anyone and each case will be dealt with by the coaching staff.

- 17) Having too much homework in not an excuse to miss practice. It is the student-athlete's responsibility to manage his time properly.
- 18) Unexcused absences, truancy's, getting sent to the office with a referral, being sent to detention, are all unacceptable and will be dealt with consequences.
- 19) Coaches will not communicate with players between the hours of 9pm-7am (unless there is a change to following days schedule, or an emergency arises)
- 20) Game Day: Players SHALL NOT LEAVE prior to their release time on the 5-star app. If the athlete leave prior to the release time you will not play that day.
- 21) When leaving class early, athletes are required to tell the teacher before class starts and write down all homework assignments to avoid disruption during class. Failure to complete an assignment because of a game is unacceptable.
- 22) Away Games: Players will be in FULL UNIFORM prior to getting on the bus. Hat forward, shirts tucked in, Shoes on.
- 23) Bus Rides: NO SPEAKERS will be permitted on the bus. Airpods are ok. ALL trash will be picked up prior to getting off the bus at our drop off locations. Lastly, the bus drives shall be treated with respect.
- 24) As an athlete in our program, you are under a microscope. Your actions in the classroom and outside the class reflect on our program. Handle yourself with integrity and high character.

#### Player Conduct Detrimental to the Team

- a. 1<sup>st</sup> offense – Minimum 1 game suspension
- b. 2<sup>nd</sup> offense – Minimum multiple game suspension
- c. 3<sup>rd</sup> offense – Removal from the team
- d. All school, district, and CIF rules will be in effect and followed accordingly. Depending on severity, could result in your removal from the team
- e. Grades – If a student-athlete is not eligible due to poor grades they will not be allowed to travel with the team to games that occur during school hours.

Parents:

- 25) Parents shall not enter on to the baseball field without first checking with a coach
- 26) Parents behavior is a direct reflection of our team, culture and program. Swearing, yelling, improper behavior/actions (towards opposing fans, umpires, our fans) will not be tolerated and will be result in said parent being removed from that contest and possibly future contest and/or removal from the team.
- 27) Players shall not be handed anything during games (snack, drinks, etc mid game). Players are of the age where they should prepare for the day's events beforehand. If this situation occurs players will be asked to leave the playing field and not allowed to return until the game

- 28) During Practice or Games, Players will not interact with anyone off the field or outside the dugout without permission. If found interacting with someone, players will be told to leave the field and not return until the event is over.
- 29) Coaches will not discuss playing time or positions with parents. Its is our decision of who plays and where.
- 30) There will be a 48 hour “Cool Off” period before any coach will respond to communication. Coaches will not respond to text messages and/or phone calls EMAIL is the only acceptable form of communication after the 48 hour period has expired. A time will be set up to speak after an email is received.
- 31) There is a chain of command. Your first point of contact is the players head coach. If an issue arises you will contact your respective level head coach and address any issues. If I am contacted before you have spoken to your respective levels head coach, then you will be redirected to speak to your head coach.

**DISCIPLINARY ACTION FOR BREAKING TEAM RULES**

Discipline will include, but is not limited to, the following: field clean up, running, practice sit out, suspension, for a certain number of innings and/or games, or dismissal from the team. ALL DISCIPLINARY ACTION IS BASED ON THE DECISION OF THE ENTIRE COACHING STAFF.

Rules are meant to create a guideline in which to operate. It is the athlete’s obligation to himself as well as the team to abide by these rules during the entire season.

I have read the baseball rules and regulation sheet.

_____	_____	_____
Player signature	Print name	Date

_____	_____	_____
Parent signature	Print name	Date