**CBG-Citadel Basketball Group**

Team Policies

Guidelines and Rules for Champions

**I Our Basic Rules and Guidelines**

* Respect all coaches, players, parents, teachers and our community.
* Follow their rules and guidelines
* **DO WHAT IS RIGHT** – Think before you do anything.
* **Be Special** – ***It is not good enough to be ordinary*.** Be someone special within the TEAM and community. Be a part of making it the best.

**II Team Rules and Guidelines**

* **BE ON TIME!** You are expected to attend practices, meetings and workouts at the appropriate time. One second late is too late unless communicated with coaches.
* **Wear the Proper Uniform:** Dress in the proper uniform for all practices, games, or team functions.
* **Hustle at all times** – On and off the court, from drill to drill, from the huddle to the court, out of timeouts, to the basketball on defense.
* Call all coaches by their first/ last names or Coach or Coach “Last Name”
* **Jewelry:** No jewelry of any kind (bracelets, necklaces, earrings, etc.) will be worn in practice or games.
* Use appropriate language.
* **Practice – Attendance**:
	+ **Excused Absences:** If for some reason you cannot make a practice session, it is your responsibility to check with one of the coaches IN ADVANCE.
	+ **Unexcused Absences:** An unexcused absence is any absence that is not cleared by a coach.
* **Game Time – Etiquette**
	+ Speak only to your teammates or coaches during the game.
	+ Never speak to an opponent or a referee – Ignore all trash talking.
	+ Never return a shove, push, or fight.
	+ Never get in an opponent’s face. Get back to your team.
	+ No personal fouls – they lose championships. Late, Out of Bounds, or Unnecessary Fouls kill teams and are selfish acts.
	+ Stick TOGETHER. No matter what!! When a teammate makes an error, get with him. Great teams overcome errors. SET BACK, COME BACK!!
	+ No wild celebrations when we score. EXPECT IT and ACT LIKE YOU HAVE BEEN THERE BEFORE. Hand the ball to the official and get back to the individuals that helped you get there, YOUR TEAM.
	+ After games, act with class. Congratulate the opponents. Be proud of your best effort. Do not flaunt victory and do not blame anyone in defeat.
* **Traveling** –
	+ When we travel, we like to travel together. If that is not possible, either going to or coming from tournaments please let your coach know your arrangements. We need to account for everyone while traveling.
* **Injury Rules and Guidelines -**
	+ Report every injury, however minor, to your coach. If you are injured to the extent that you cannot practice or play, we expect you to dress in uniform, attend practices or games, and observe the group you would normally be working with, unless told differently by the coach.
	+ If you are injured or sick to the extent that you need to see a doctor, please do so and keep your coach abreast of the situation.

**III** **MISC.**

* Any school discipline problems with school rules, teachers, or administration may result in suspensions from one game. Repeat offenses will result in being removed from the team.
* **Any drug or alcohol related problem will result in an automatic one game suspension or even removal from the team. Along with the suspension you will be required to complete counseling.  In the case of a second offense you will be removed from the team.**

**IV What WE Expect From You**

* Commit yourself to your team and the success of it.
* Risk It All – Choose to Succeed – Success is a Choice
* Know and accept your role and responsibility on this team – EVERYONE IS IMPORTANT TO OUR SUCCESS! YOU ARE A TEAM!
* To Never Quit – If you fall down, get back up. Never use the words “I Can’t”
* Have Fun – Fun comes from doing things well and enjoying success together. Embrace your team mates and get to know them, you might make a new friend.
* Do the Right Thing!!! In the classroom, on the court, and in the community.

**It is a rare, once in a lifetime experience to be a part of a great program.**

**It is a memory forever. Make use of every moment. Cherish each day.**

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