

# TEAM RULES

## 1. **PLAYING TIME**

The amount of playing time each girl receives will be determined by her softball skills, attitude, commitment to the team, participation in team activities and performance in game/tournament situations.

## 2. **ATTITUDE and RESPECT**

Team members will show respect for, be considerate of, and display a positive attitude towards teammates, coaches, umpires, opposing players and parents.

## 3. **CONDUCT**

Players will conduct themselves in a proper and well-behaved manner while in uniform and during all team functions.

## 4. **DRUGS, ALCOHOL and CIGARETTES**

The use or possession of non prescription drugs, alcohol or cigarettes by any player or coach while in uniform or participating in a team activity is prohibited

**Penalty - Failure to comply with rules 2 – 4 may result in suspension or removal from the team.**

## 5. **EMOTIONS**

Always control your emotions and display good sportsmanship. No profanity; no throwing equipment; no arguing with teammates, coaches, opponents or umpires; no negative remarks to teammates, coaches, opponents or umpires.

## 6. **PARTICIPATION**

Participate in all practices, games and team functions unless you have prior approval from the head coach to be absent. You are expected to call the head coach at least two hours before the start of any activity you will miss.

## 7. **TIMELINESS**

Be on time for all practices, games and team functions.

## 8. **PREPARATION**

Always have your complete uniform and equipment with you for a game.

**Penalty - Failure to comply with rules 5 - 8 may result in removal from a game or suspension for one or more games.**