

PLAYER RULES AND REGULATIONS

I. GENERAL RULES

1. Don't embarrass the program!
 - a. Maintain Clemson's image – clean, confident, proud, this is Clemson football.
 - b. No one is indispensable. Team rights supersede an individual's rights.
2. Be on time for all meetings, meals, buses, etc.
 - a. The official time is on Coach Swinney's wrist. Call before, **not after**, if you have an emergency.
3. Responsible to check TV monitors, phones, IPADS for announcement. Notices will be up by 10:30 A.M., must check each day.
4. See segment Coach before missing or being late to practice even if the Doctor, trainer, or head coach excuses you. Secretary will get me out of any meeting for a player.
5. UNEXCUSED ABSENCE from practice will mean disciplinary action. (Discipline will be fair...but not the same; depends on your money in the bank.)
6. Attend all classes whether teacher says mandatory or not. Don't drop or add classes without seeing academic advisor in the Nieri Center.
7. No classes may be scheduled that end after 2:15 P.M. Counselor and position coach must be notified beforehand if late classes are required. Tests, study sessions – don't tell us at the last minute during flex.
8. No hats, sunglasses, headsets or doo-rags worn in meetings, class, study hall or weight room.
9. **CELL PHONES OFF.** No cell phones in Locker Room on game day.
10. Senior Leadership Rule: **NO** Social Media during season! **NO** Twitter, Instagram, Vine, Periscope, Facebook, Snapchat, social communication, etc...will be monitored closely. We do not need distractions. **NO** phone conversations once bus is loaded on Saturday until game is over.
11. DRESS CODE – Home and Away Games – Coat and tie or University issued clothing & hats only!
12. We will consider you a no-show for drug testing if you are notified and don't show up. One no-show is considered a positive drug test.
13. No fire arms (BB guns, pistols, rifles, water guns, etc.) on campus. Guns on campus are a **FELONY!**

14. Social Media...Facebook, E-Mail, texts, Twitter, YouTube...you represent Clemson. Don't embarrass this family. You will be held accountable. You open yourself up for scrutiny and questioning if participate in social media – NCAA is monitoring – “Ghosting” – agents using ladies on Facebook.
15. Scholarship may not be renewed by repeatedly breaking team rules and lack of effort.
16. Do not use University telephones without a Coach's permission.
17. NO HAZING!
18. Dress appropriately when coming to Football Office. Keep pants pulled up.
19. Hair rule - you are expected to maintain a NEAT, WELL GROOMED AND STRUCTURED appearance.
 - a. Facial - beards and moustache must be neatly trimmed and tight.
 - b. HEAD – No extreme hairdos.

II. PRESS:

- a. Always be complimentary (especially to an opponent).
- b. DON'T TALK ABOUT HOW GOOD WE ARE.
- c. Talk enthusiasm, morale, fun, desire, hard work, teammates.
- d. Be neat and wear Clemson hat or shirt. Do not wear apparel or hat from another team.
- e. Be on time – DON'T BE A NO SHOW.
- f. Mon. and Tues. only unless approval from Swinney and Taylor.
- g. **NO** communication with any media without approval. (Not your friend!)

III. NCAA RULES

- a. Absolutely no gambling or association with gamblers.
- b. Agents (eligibility). Stay away from them!!! You may be declared ineligible. Questions – see Jeff Davis.
- c. No athlete may advertise for or endorse a product, company or place of business.
- d. Actions of a few impact many.

IV. TRAINING RULES

1. No smoking, no use of drugs, steroids or performance enhancing chemicals. (A positive drug test will subject the athlete to the Athletic Department's set of policies.)
2. No alcoholic beverages/sexual misconduct (proper behavior when dealing with women is demanded.)
3. All injured players must receive treatment or see a trainer when training room opens each morning (6:00 AM) until released by trainer.
4. Curfew:
 - A. S, M, T, W, TH – 11:00 PM
 - B. Friday – After meal (In room – 10:30 PM)
 - C. Saturday – to be announced
 - D. **Curfew applies to entire squad – home or away**
5. Practice clothing will be worn exactly as they are issued. No more, no less, no substitutes! (e.g. tights, black socks, no socks, bandannas etc.) . Undershirts and jerseys must be tucked in at all times during games. Do not cut practice jerseys.
6. You cannot move off campus unless you meet the Team GPA requirements (Brad Scott).
7. Stay within the limits of recommended weight of your position coach.
8. You must obey the laws of the State of South Carolina and the United States. Any arrest will result in further investigation and possible suspension or expulsion.
9. Pre-season curfew/in your rooms. All meals, see checker at main entrance. You must check-in. Mandatory meals at the PAW. Sit down & eat!!!
10. BEST IS THE STANDARD. Be a champion in all you do and have pride in performance.
11. If you are not disciplined and committed off the field, you **will not** get your best on the field.

V. LOCKER ROOM – PRIDE

1. You are responsible for equipment – lock it up! Report a thief to a staff member. We have had some things stolen in the past years. It breaks down integrity and confidence in the team. There is nothing **lower** than stealing from a team member, scholarship or walk-on.
2. Be sure the equipment fits ...check it out before practice starts.
3. Don't put anything on the floor – trash, tape, etc. Do not leave any trash or food in your locker.
4. Do not bring guests into locker room or lounge.
5. We have a beautiful facility. Let's keep it that way.
6. We have tried to secure the building. Keep it that way.
7. Do not post any videos on social media or other pictures from our locker room or our film!!

VI. PRACTICE/GAME DAY

1. Helmets on head or in hands. Never lay it down.
2. Don't converse with spectators once practice starts. Your family may attend practice but not your friends, etc.
3. NEVER leave drill area unless segment coach gives you permission.
4. RUN from drill to drill – BE FIRST!
5. Don't talk back to Coach. I will always back the coach. Come to my office if you feel we are unfair. Disrespect to coach, assistant or Head Coach, is grounds for dismissal.
6. The trainer will condition the injured. Injured players will wear gear including helmets (uniform of the day).
7. Wear all pads in practice (knee braces up) & wear issued gear. No jewelry during practice or games.
8. Never berate an official.
9. Missing any period or practice for injury or conditioning will result in treatment in training room when it first opens in the morning at 6:00 AM.
10. Run on/off field AT ALL TIMES!! Clock in!
11. NEVER QUIT! Clemson's TRADEMARK: PLAY ON THE EDGE! DON'T FLINCH.

GO TO CLASS, BE A GOOD CITIZEN, AND TRY!!!!!!!!!!!!!!