

# **2019 COLORADO FOOTBALL PLAYER MANUAL**

## **GENERAL CONDUCT POLICY**

***Do not do anything to hurt the team!*** Do not engage in any activity that could reflect back on you, your family or the University of Colorado in a derogatory manner. Any conduct that brings negative publicity or that embarrasses the organization is conduct detrimental to the team. Felony infractions **can** lead to suspension. You **must** represent the University of Colorado in a **class** manner. Personal behavior is a matter of self-discipline and self-pride. You cannot win with players who do not have these qualities because they cannot take pride in the team. We will eliminate these players as fast as we can without hurting the team.

## **TEAM RULES**

1. Be **on time** for all team functions, including all required meals. Do not voice any complaints to any other University personnel. Any complaints you have should be directed to Coach Tucker or a member of our coaching staff.
2. Proper dress will be posted for all team functions. You will represent the team in a class fashion. Individual differences are respected but not when representing the team. Tank tops and flip flops are prohibited at all team functions. Additionally, you must always wear a shirt when walking in the hallways of Champions Center. Earrings are not allowed to be worn at any practice or in the weight room. (Once you are dressed and ready for practice, no earrings) Hair must be neat and acceptable in appearances. Pants must be worn properly. Be courteous, using "please" and "thank you". Polite and appropriate manners should be used with all staff members. Eating is not allowed during team meetings. (Team Functions – Travel, Team Meals, Practice or any other Public Presentation)
3. The dorm/apartment is our home. Respect others' space. Keep noise levels down. No alcohol, drugs, pets or firearm of any type in dorms/apartments. Firearms include weapons of any kind, operable or inoperable, including but not limited to paintball guns, BB guns, stun guns, potato guns, knives or razor blades Smoking is prohibited in dorm. The Operations Staff will conduct random periodic checks of dorms. **Be on time for all bed checks.**
4. Meetings are scheduled, organized, and detailed to help you become better football players. Form a "Buddy System" to insure punctuality.
5. **Infraction System:**
  - a. 1<sup>st</sup> Miss - Warning/Coaching staff alerted
  - b. 2<sup>nd</sup> Miss – Punishment with position coach
  - c. 3<sup>rd</sup> Miss – Entire position comes in for punishment
  - d. 4<sup>th</sup> Miss – Entire side of ball comes in for punishment
  - e. 5<sup>th</sup> Miss – Loss of game tickets
  - f. 6<sup>th</sup> Miss – Loss of money
  - g. 7<sup>th</sup> Miss – Suspension/Possible dismissal

## 6. Drug Policy

Upon a first positive:

1. The Student-Athlete shall schedule a substance evaluation with the Psychological Health & Performance Staff, as well as an appointment with their team physician within one week of the date of written notification from the Senior Associate AD for Health and Performance of a positive test result. **The Student-Athlete must participate in this substance evaluation and any recommended counseling and/or treatment program. The Student-Athlete's failure to schedule the substance evaluation and team physician appointments, failure to meaningfully participate in the substance evaluation, and failure to meaningfully participate in any recommended counseling or treatment program will result in further disciplinary action including, but not limited to, suspension from participation in practice or competition, or both.** The Student-Athlete will be required to sign a release to allow the Psychological Health & Performance Staff to communicate with the athletic trainer, team physician, and sports supervisor regarding whether the Student-Athlete has or has not meaningfully participated in a substance evaluation and any recommended counseling and/or treatment program.

Upon a second positive:

2. Absent any extraordinary circumstances determined by Psychological Health and Performance staff and/or the Team Physician, **the Student-Athlete will be suspended automatically and immediately from a minimum of 20% of his or her competitive season, beginning with the first available contest.** During this time, in the discretion of the Athletic Director, the Student-Athlete may be allowed to continue to practice and use services provided by Sports Medicine, Sports Performance, Academic Support, and attend Fueling Station.

Upon a third positive:

3. Absent any extraordinary circumstances determined by Psychological Health and Performance staff and/or the Sports Medicine Team Physician, **the Student-Athlete will be suspended automatically and immediately from a minimum of 50% of his or her competitive season, beginning with the first available contest. This 50% time loss shall supersede previous 20% time loss if the violation occurs relative to the same season.** During this time, in the discretion of the Athletic Director, the Student-Athlete may be allowed to continue to practice and use services provided by Sports Medicine, Sports Performance, Academic Support, and attend Fueling Station.

Upon a fourth positive:

4. Absent any extraordinary circumstances determined by Psychological Health and Performance staff and/or the Sports Medicine Team Physician, **the Student-Athlete shall be suspended automatically and immediately from all & any participation in athletic competition and practice sponsored by the Athletic Department for a minimum period of one year.**

## 7. ELECTRONICS:

- a. No cellphones are allowed in our meetings. (Shouldn't have them if you are dressed and ready)
- b. At the stadium, headphones will be allowed until your designated flex time.

- c. All electronics must be powered off before flex and not powered on until after the game is over. Head phones should not be worn during the Buff Walk.
- d. "Live" video feeds or recorded videos are not allowed in locker rooms or anywhere else within Champions Center.

**8. LOCKER ROOM POLICY:**

- a. Keep your location clean and neat – keep tape off the floor.
- b. You are responsible for your equipment – all equipment has a specific place in the locker. Care for it.
- c. Lock-up or check valuables with contact.
- d. Stealing from a teammate is a capital offense.
- e. No visitors in the Locker Room.

**9. EQUIPMENT POLICY:**

- a. Wear the equipment announced as uniform for the day. Dress as a team – everyone's uniform is the same. Dressed & Ready means that you are in the appropriate dress of the day, you are taped and/or braced, you have no earrings and that you have no cell phone.
- b. Do not alter your equipment. Make sure it fits properly and is in good condition. It is designed to protect you.
- c. Do not wear cleats in the Locker Room.
- d. All Equipment worn must be CU issued.
- e. Everyone must be taped and dressed prior to meetings.
- f. All shirts worn under pads should be tucked in if length goes to waist.

**10. TRAINING ROOM POLICY:**

- a. Be on time!
- b. Be Respectful of the facility
- c. No Food or No Drinks – water is allowed
- d. After practice please rinse off before getting into the recovery pool
  - i. No Food or Drinks allowed in pool areas
- e. All Taping/Bracing must be done before meetings
- f. You are responsible for your braces, splints, sleeves, etc..
- g. The athletic training room is not an excuse to miss or be late to anything unless our staff says otherwise
- h. The athletic training room is not a lounge/hangout
- i. Injury check/morning treatment
  - i. Monday – Saturday at 6:00 AM
  - ii. Sundays at 11AM
  - iii. If you are injured at practice, you must see a staff athletic trainer directly after practice
  - iv. If you injure yourself any other time, use your phone to let a staff athletic trainer know ASAP- and you must be in the training room the next available opportunity to be evaluated

- j. Illness
  - i. Come in sooner than later so we can get you medicine or to see a doctor
  - ii. If you get sick outside of when we are in the training room. You must be in when we open the next day to be evaluated
  - iii. We will get you into a doctor as quick as we can
- k. Doctor Appointments
  - i. To see any of our team doctors you MUST first talk with one of the staff athletic trainers
  - ii. Be on time once you have an appointment!
- l. Communication
  - i. All our numbers are in Teamworks
  - ii. It is not an excuse to miss treatment or appointments due to not looking at your Teamworks or text messages
  - iii. We understand things happen, communicate with us and we will work with you
- m. BE PROACTIVE in your recovery and prevention!
- n. Hydrate and Fuel your body!

## **11. VIDEO ROOM POLICY**

- a. **iPads**
  - i. Take care of your tablet and always keep it with you, do not leave anywhere.
  - ii. You are responsible for keeping and taking care of all the accessories and the iPad. You will have to pay for it if it is lost, broken, or stolen. This includes the Charger, Lightning cable, & Pencil.
  - iii. If the tablet is misplaced or damaged you are required to notify us immediately, so we can help you.
  - iv. We will notify you when you will have to return the tablet, cable, pencil & charger and we will collect at end of every semester. When you return your issued iPad you are required return everything as it was issued to you.
  - v. If you are having any issues with Google Drive or XOS Thunder Cloud go to room 460 to fix it.
- b. **XOS ThunderCloud**
  - i. Thunder Cloud access is for your eyes only. Do Not give your log on info to anyone. No Exceptions.
  - ii. If you are having issues with Thundercloud, come and see us to help you resolve the issue.
  - iii. Thunder Cloud will work seamlessly on all IOS Devices.
- c. **Google Drive/Playbooks**
  - i. We will distribute all playbooks & scouting Info via Google Drive
  - ii. To see the documents, you are required to use your identikey log on for Google Drive
  - iii. You will find the documents in the "Shared with me Section"
- d. **NFL/Highlights**
  - i. We send all of our Games to the NFL every week through NFL & PAC-12 Agreements. After your eligibility at Colorado is complete. You will not need to send any film to the NFL as they already have our film. If you need a highlight for any other league outside the NFL we will teach you how to make a cut-up,

when you have completed the cut-up we will email you a download link so that you can save the file. We will keep the file accessible for 2 weeks. It is your responsibility to download and keep the file. You are not permitted to post this highlight to any social media or video service. If you do post it to social media the PAC-12 will have it removed. If you want this type of highlight it is a great idea to update it each week of the season, If you would like help with this stop by the video office and we will set you up.

- ii. We will create a career highlight using ours and TV footage for every senior that we can and post it on social media for you sometime in February-March.

## **12. TICKET POLICY:**

- a. Tickets are a privilege! They can be taken at any time!
- b. Your requests must be submitted by 11:59pm on Thursday night (Wednesday night for a Friday night game).
- c. If you do not request your tickets in time, you will not get tickets!
- d. Do not sell your tickets! You will lose your eligibility!

## **13. MEDIA RELATIONS**

- a. **All interviews must be scheduled through the Sports Communication Office. No reporters should come to your dorm/apartment nor interact with you by cell phone!**
- b. Do not criticize teammates, coaches or the University of Colorado in public.
- c. Do not lie, do not make predictions, and do not make excuses.
- d. Be positive – “best I can do, best we can do.” Never be representative of “poor me’s.”
- e. Show respect for opponents.
- f. Do not tell the world what we are doing (including those that post on the Social Media). (Injuries)
- g. Cooperate with the media, be on time. This is a direct link between you and the fans. Present yourself in a style and manner you are accustomed to being treated and received. (No one outside of the organization is allowed to participate in any interviews, this includes parents and family members)
- h. Media doesn't come before your academic obligations.

## **14. SOCIAL MEDIA:**

- a. No posting of photos or videos inside the locker room or training room!
- b. Do not post something about the Colorado Football Program that is detrimental to the team.
- c. Do not post about anything that would violate a team rule. Examples include posting about internal team issues and information, drugs, alcohol, agents, or anything related to opposing teams and players.
- d. Do not respond to critical fans on any social media site. Remember you are always representing yourself, your family, and the Colorado football program.
- e. No public posting on social media beginning with Friday team meeting through the end of the game.

## **15. GAME DAY/PRACTICE PROFESSIONALISM: *NEVER TALK TO OPPOSING PLAYERS***

- a. Poor examples of game day professionalism would be fighting, poor language, and loss of poise or immature display of enthusiasm. All demonstrations of Colorado enthusiasm will be team things. We do not need “hot dogs” or “trash talkers.” Fighting, stupid personal fouls and poor game day discipline are real indicators of a losing attitude. We are winners!
- b. You should always use a professional attitude when communicating with the officials. The head coach will manage officials' mistakes in the games.

- c. A rule has been implemented to nullify score w/ immature demonstration of enthusiasm.

**16. ACADEMICS:**

- a. You are here to get an education. We are interested in you getting that education and will provide the best possible academic support to help you.
- b. Class attendance, study hall and any other academically related meetings are mandatory requirements. **EVERY MISSED CLASS WILL RESULT IN AN INFRACTION!**
- c. You are required to follow all of the policies of the Academic Staff.
- d. If you are not accountable for your academic responsibilities, that will lead to punishment, loss of complimentary game tickets and eventual game suspensions.

**17. HOUSING:**

- a. If you are removed from University housing for disciplinary reasons, you may not receive the room portion of your scholarship for off-campus housing (\$9K per year).
- b. Any discipline problems at the dorm can lead to loss of room scholarship.
- c. Anyone on probation for academic irresponsibility or for off-field discipline problems will not be allowed to move off-campus.
- d. After you have completed one year on campus, you have the option to move off campus, including Bear Creek.
- e. Drugs & Alcohol
  - i. There should be no drugs or alcohol in the dorms.
  - ii. No one shall furnish, or cause to be furnished, any alcoholic beverage to any person under the legal drinking age.
  - iii. Inappropriate behavior related to the consumption of any alcoholic beverage or illicit drug is prohibited.
- f. Appliances/Electronics
  - i. Electrical appliances with an exposed heating element are prohibited.
  - ii. Resident-owned air conditioners are not permitted.
  - iii. Outside antennas and satellite dishes are prohibited.
  - iv. Use of halogen light bulbs are not permitted due to the danger of fire associated with these types of bulbs.
- g. Damage/Vandalism
  - i. You are responsible for the condition of your room or apartment and all the furnishings assigned to them
  - ii. If your room is damaged or its furnishings are damaged or lost, you are financially responsible and shall reimburse University Housing.
  - iii. The intentional or reckless destruction or dismantling of any university property or equipment can be grounds for arrest and/or student conduct hearings.
- h. Firearms/Weapons
  - i. Any firearm or weapon of any kind, operable or inoperable, including but not limited to paintball guns, BB guns, stun guns, potato guns, knives or razor blades are not allowed.
  - ii. No fireworks are allowed in the dorms.
- i. Overnight Guests
  - i. No female overnight guests.
  - ii. The stay cannot exceed 3 consecutive nights.
  - iii. The guests must be a relative or friend.
  - iv. You are responsible for any of the actions of your guests.

**18. TRAINING TABLE: (Mandatory)**

- a. This is a privilege. Be respectful – clean up after yourself, take off hats and be courteous and polite to those that make it comfortable for you.

- b. Don't be wasteful of food.
- c. You must check-in at every meal! Someone will be checking to make sure you are there!

**19. AGENTS:**

- a. Any individual shall be ineligible for participation in intercollegiate sports if he ever has agreed (orally or in writing) to be represented by an agent for the purpose of marketing his ability in that sport.
- b. Any individual shall be ineligible if he (including relatives or friends) accepts transportation or other benefits from:
  - i. Any person who represents any individual in the marketing of his athletic ability. The receipts of such expenses constitute compensation based on athletic skill and is an extra benefit not available to the student body in general.
  - ii. An agent, even if the agent has indicated that he or she has no interest in representing the student-athlete in the marketing of his athletic ability or reputation and does not represent individuals in the student's sport.
- c. Understand that it is not illegal for you to receive written information from an agent or to speak with an agent as long as no agreement about representation is met.
- d. Not abiding by the above can cause your team to forfeit games in which you have competed, as well as cause you to be suspended or dismissed from the team for losing your eligibility.
- e. It is our policy during the season that any player with collegiate eligibility remaining cannot be contacted by an agent or runner without notification of the head coach or athletic director. This includes the player's family as well.
- f. A player is considered ineligible for the NFL draft until 3 seasons have passed following his high school graduation date and not before the official Early Draft Entry declaration date set by the NFL. Players ineligible for the draft, as well as any person that has an established relationship with that player, may have communication with an agent. However, a player and any person that has an established relationship with that player, may not enter into any written or verbal agreements with an agent for future representation, nor may they accept any items of value, e.g. cash, meals, etc.
- g. If you have any questions about an agent, reach out to Lance Carl.  
([lance.carl@colorado.edu](mailto:lance.carl@colorado.edu))

**20. GAMBLING:**

- a. Students-Athletes shall not knowingly:
  - i. Provide information to individuals involved in organized gambling activities concerning intercollegiate athletic completion.
  - ii. Solicit a bet on any intercollegiate team.
  - iii. Accept a bet on any team representing the institution.
  - iv. Participate in any gambling activity that involves intercollegiate athletics or professional athletics through a bookmaker, a parlay card, or any other method employed by organized gambling.
- b. Violation of any of the above not only could result in team suspension or dismissal but is also subject to fines and/or imprisonment by local or federal authorities.

**21. REPORTING OBLIGATIONS:**

- a. The following must be reported to CU Police (303) 492-6666 or Boulder PD (303) 441-3333
  - i. Child Abuse: Any person who knows or has cause to suspect that a child is or has been abused.
  - ii. Sexual Assault: Any person that observes or has knowledge of sexual assault.

- iii. Physical Assault and Battery: Any person that observes or has knowledge of assault and battery.
- b. The following must be reported to OIEC office (303) 492-2127:
  - i. Harassment: Any person with knowledge of harassment based on any factor (e.g. race, gender, disability, religion, sexual orientation) or any supervisor receiving a report of harassment of an employee or student.
  - ii. Discrimination: Any person with knowledge of discrimination or any supervisor receiving a report of discrimination of an employee or student.
- c. The following must be reported to the Compliance Office (4<sup>th</sup> floor)
  - i. NCAA/Pac 12 Violations: Any person with knowledge of actual or potential NCAA or Pac 12 rules violations
  - ii. Misconduct/Unethical Behavior: Any person with knowledge of actual or potential misconduct or unethical behavior (e.g. hazing, academic fraud, gambling, breach of confidentiality related to medical or academic records)

## 22. HAZING

- a. If you are the victim of hazing or if you need to report hazing, please contact the following:
  - i. CU Police: (303) 492-6666  
OIEC office (303) 492-2127
  - ii. Athletic Department: Lance Carl (lance.carl@colorado.edu)
- b. Hazing is defined as any intentional, negligent or reckless action, or situation that causes another pain, embarrassment, ridicule or harassment, **regardless of the willingness of the participant.**
- c. Such actions and situations include, but are not limited to the following:
  - i. forcing or requiring the drinking of alcohol or any other substance;
  - ii. forcing or requiring the eating of food or anything an individual refuses to eat;
  - iii. calisthenics (push-ups, sit-ups, jogging, runs etc.);
  - iv. “treeings” (tying someone up and throwing food or other substances on them);
  - v. paddle swats
  - vi. line-ups (yelling at people in any formation or harassing them);
  - vii. forcing or requiring the theft of any property;
  - viii. road trips (dropping someone off to find his own way back);
  - ix. scavenger hunts;
  - x. permitting less than six (6) continuous, uninterrupted hours of sleep per night;
  - xi. conducting activities which do not allow adequate time for study (not allowing to go to class, missing group projects, etc.);
  - xii. nudity at any time;
  - xiii. running personal errands of the members (driving to class, cleaning their individual rooms, serving meals, picking up laundry, washing cars, etc.);
  - xiv. requiring the violation of University, Federal, State or local law.
- d. **HAZING IS AGAINST STATE, FEDERAL, AND LOCAL LAW.**

## 23. WEAPONS POLICY

- a. [The Laws of the Regents](#) and [Colorado Revised Statute 18-12-105.5](#) make it unlawful to carry weapons while on the grounds of the University of Colorado. Those who are age 21 and over and possess [a valid concealed carry weapons permit](#) (CCW) may have concealed weapons on campus. This is in accord with a March 2012 Colorado Supreme Court ruling.
- b. Information about the law can be found at <https://www.colorado.edu/police/services-faqs/weapons-campus>.