IOWA STATE ATHLETIC DEPARTMENT TEAM RULES

Participation on an intercollegiate athletics team at Iowa State is a privilege. The following document includes team rules which outline the expectations for how you will represent yourself, your team, and Iowa State University. This includes the expectation that you will not engage in behavior that is detrimental to the image of your team, the athletics department and/or Iowa State University. If you engage in behavior that, in the sole discretion of the head coach, is determined to be detrimental to the Iowa State Football team, then you may be suspended or dismissed from the team and your athletics financial aid may be cancelled. The majority of team rules in this document are specific to your sport, however, they also encompass rules and regulations as outlined in the following documents which are available online or in the athletics department for your review:

I. Iowa State University Student-Athlete Discipline Policy
II. Iowa State Student Code of Conduct
III. Iowa State Athletics Drug Testing Policy
IV. Big 12 Conference Handbook
V. NCAA Manual

Violations of any rules in these documents are considered violations of team rules and you are subject to the discipline outlined in each document.

Violations of other team rules that result in your dismissal from the team (by the head coach) may be appealed to the Director of Athletics or designee.
IOWA STATE FOOTBALL TEAM RULES

We sit in what is becoming one of the proudest football traditions in college football. This tradition has reached and is about to reach some of the highest pinnacles in the game of football and has played a role in the prestige of this great University. It is now your time to build your legacy and you should not be a member of this team if you don’t have high expectations for yourself and can demand greatness of yourself. Every person who touches our football program (coach, teacher, administrator, etc.) will have very high expectations for you and challenge you to achieve your own personal greatness. The tradition that you are being asked to uphold here is the same tradition that your predecessors have worked so hard to create. How you choose to conduct yourself, both publicly and privately, will reflect on your family, your teammates, your coaches, and the entire university community. One of the greatest powers each of us have in our life is the power to choose. I will demand you choose greatness.

CORE VALUES

TELL THE TRUTH
TREAT WOMEN WITH RESPECT
NO DRUGS
NO STEALING

"THE IMAGE OF ONE PROJECTS THE IMAGE OF ALL"

CHARACTER: This can cover a vast area. We have worked extremely hard to create a first-class program that the students, faculty, and the community are very proud of. Any deviation from this will not be tolerated. You are responsible for understanding and complying with all university rules and regulations. Ignorance is not an excuse.

BE ON TIME: Every team in college football has only one thing that is exactly equal and that is time. 24 hours in a day, 60 minutes in an hour, and 60 seconds in minute. My time is not necessarily more valuable than yours, but yours is certainly no more valuable than the composite time of the coaching staff and players. We thrive on the principal of Cyclone Time – 10 minutes early to everything. We are responsible, as a man to be accountable for this. This includes classes, meetings, training room, study table (tutors), and practice.

GRADUATE: The opportunity that college gives every one of us is 4 to 5 years to define who each and every one of us will be for the rest of our lives. With that said I can guarantee that you are expected to graduate with a meaningful degree! It is your responsibility to stay on course and to request assistance (tutors, study tables) when necessary. You must be pro-active rather than re-active. Your position coach will take a very pro-active approach to your academic success.

PLAY HARD ON GAME DAY: We have become known as the football team that will line up and COMPETE ON EVERY SINGLE SNAP. We will be the most physical team in the conference and everything we do practice, weight room, conditioning, and film study is to ensure that we are the most physical team in our conference. Take pride in playing hard. Great things happen to teams that work hard.

"WINNING IS NOT A SOMETIME THING IT IS AN ALL THE TIME THING"
IOWA STATE FOOTBALL TEAM RULES

HAZING OR BULLYING:
To sustain our mission of improving the human condition at the university and our football program here at Iowa State University have a zero tolerance for hazing or bullying of any kind. Hazing and bullying are violations of the Student Code of Conduct. Hazing is defined as: “Physical abuse, verbal abuse, threats, intimidation, harassment, coercion, retaliation, bullying, or other conduct which threatens or endangers the health or safety of any person.”

This is a very serious issue on our campus and an issue that our football program demands the highest regard of following a zero-tolerance policy. The Office of the Dean of Students works closely with the Iowa State University Police Department and the Anti-bullying Task Force to educate students about hazing and bullying. If you ever see or feel the threat of hazing or bullying you must immediately contact any position coach or the Head Coach.
TEAM MEETING POLICY

Individual, position, group, unit, and TEAM meetings are critical for us to become as good as we are capable of becoming. It is a football team and player’s greatest opportunity to separate themselves and game knowledge to be the best you can be. Below are some general guidelines to follow.

1. Be early; seated; headwear off, no earrings; feet on the floor.
2. Sit up in your seats with feet on the floor ready for meeting.
3. Have all appropriate materials (notebooks, pens, etc.).
4. You must be taped and dressed going into position meetings except for shoulder pad and helmet.
5. Respect the presenter whether it is another team member, coach, athletic department representative, or special guest.
6. Take notes for later review.
7. Ask questions courteously do not hesitate to ask a question.
8. No cell phones are permitted in any meeting at any time.
9. Only water or Gatorade bottles and food from our pre-fuel allowed in team meeting and position meetings.
10. A winning performance in meetings is as important as it is on the field.

LISTENING IS OUR MOST IMPORTANT COMMUNICATION SKILL
LOCKER ROOM / BERGSTROM POLICY

You have a first-class locker room. We will be spending a great deal of time in the locker room during the season. We should take pride in keeping it as clean and sanitary as possible.

1. No Earrings in Bergstrom

2. Hang all equipment in locker properly (see picture).

3. Tape OFF outside. Trash cans are provided.

4. No horseplay in the locker room or showers.

5. Remove grass and mud from shoes outside (remove tape outside).

6. Do not leave cups or other trash in the lockers or on the floor.

7. Make sure your locker is locked! Do not bring valuables.

8. No visitors are allowed in the locker room. This is our house. Any visitors must be accompanied by a coach.

9. RESPECT BELONGINGS OF ONE ANOTHER! Improper conduct will reflect unfavorably on you, your family, your teammates, your school and COLLEGE FOOTBALL.

10. Gatorade Machine – Keep clean

11. When you leave the locker room make sure all towels and dirty clothes are put into bins to be washed.
FOOTBALL EQUIPMENT REQUIREMENTS

1. All equipment used in football is the property of Iowa State. Only Iowa State University clothes worn during practice/workouts. No exceptions.

2. Each player who is issued football equipment assumes the responsibility (pride) of that equipment.
   a. To see that it is kept clean and in good repair.
   b. That it is not lost or stolen.
   c. That, at the end of its usage, the equipment is returned to the equipment room.

3. Failure to return equipment, whether lost, stolen or otherwise will result in the payment of a fine to cover the loss of the gear.

4. After the initial issue of gear, new gear will be issued on an exchange basis – old for new.

5. Do not cut or alter your equipment.

6. Players are not allowed in the equipment room.

7. You are provided the best equipment money can buy. It is up to you to take care of the equipment issued. Make sure your equipment fits properly. If it does not, see the equipment manager.

8. Helmets with all four snaps attached and properly inflated at all times.

9. Know equipment of the day and it must be followed or you will not practice.
   a. Full Pads: hip, tail, knee, and thigh pads must be worn and taped or braced
   b. Shells: hip, thigh pads, must be worn and taped or braced
   c. Spiders: hip, thigh pads, must be worn and taped or braced

10. Thievery will not be tolerated.
IOWA STATE FOOTBALL SOCIAL MEDIA POLICY

THE IMAGE OF ONE PROJECTS THE IMAGE OF ALL

Understand that fans, friends, parents, future employers, NFL Personnel Departments, teammates and opponents have access and are looking at everything you put onto social media whether it be Twitter/ Facebook / Instagram. High Profile personalies, such as college athletes face far more risk than the average person using any social media site. You must understand that the day you said yes to play this great game that you had to give up some of your freedoms, and this is one we must monitor constantly.

Never Post any football family related information on the internet. This includes:

1. Injuries
2. Game Plans
3. Practice Plans
4. Comments about the Opponent
5. Line Ups and Position Changes
6. The everyday internal team activities
7. Pictures
8. Language

An offense of any kind will result in an immediate suspension of using social media. We will then set a date to discuss the opportunity to use social media again. If there is continued use, you will be eligible to have your scholarship taken away for defacing the university.

FACEBOOK

TWITTER

INSTAGRAM

NAME:

DATE:
ISU FOOTBALL DRUGS AND ALCOHOL POLICY

The entire Iowa State University Athletics Drug Testing Policy can be found in your student-athlete handbook. Football policies may exceed the university policy.

ALCOHOL:
- There is no place for excessive alcohol usage by players on this team. It will definitely retard your development as a player and contribution to the team goals.
- If there is a problem with alcohol by a particular player, I want to help. Again, you must want to help yourself in order to make it.
- If excessive use of alcohol becomes a problem, parents will be notified and your future with the team will be in jeopardy. Alcohol, if allowed to, can conflict with your goals as a student and as an athlete. It also conflicts with our team goal and I won’t let it.

Underage Drinking & Alcohol Policy
1. The head coach and staff strongly recommend that all players abstain from the use of alcohol in season and out of season so that you can reach your maximum potential as a student athlete at ISU.
2. Underage student-athletes will be held accountable for state laws and University policies with regards to alcohol.
3. All student-athletes will be held accountable for state laws and University policies with regards to alcohol.
4. Minor in possession and false identification are major problems on college campus. DO NOT be a part of this problem.
5. An alcohol offense will count as a positive first offense in our drug policy program.

PERFORMANCE ENHANCING DRUGS AND SUPPLEMENTS
- Iowa State University PROHIBITS the use of performance enhancing drugs or other substances on the NCAA and Big 12 Conference list of banned substances.
- It is your responsibility to report all prescription medications, over-the-counter medications, and any nutritional supplements to the medical staff. See your athletic trainer for this.
- You are responsible for each and every substance in your body including all supplements. Beware, many nutritional supplements contained banned substances not listed on the ingredients label.

ILLEGAL DRUG USE:
- There is absolutely no place for drug use by anyone on this football team. Drugs take a mind that works logically and sensibly and distort it by creating a false perception of reality. It is near impossible to coach, motivate, teach, or communicate with someone who has a distorted sense of reality.
- If you feel you have engaged in prohibited drug use or need help for a drug problem, there is a voluntary program to seek assessment and counseling. See your coach for guidance.
details. This must be done prior to being selected for drug testing and is a one-time offer.

- Although I may put my belief and trust in a certain person, I do not believe or trust the decision making process of those who take drugs. Therefore, illegal drug use will not be tolerated. If you believe there is nothing fundamentally wrong with them, you need to look somewhere else to play football.

- If a player has a problem with drugs, I want to help that player get well. If a player has problem with drugs, then football and academics will naturally take a back seat. So in case where drugs are a problem, the focus must be on the player getting well. Therefore, I see other phase of life as secondary, and often times in these situations I will free you from the obligation you have as a student-athlete by rescinding your scholarship.
IOWA STATE FOOTBALL TEAM RULES

- The Iowa State Football program is committed to high standards in all areas of student-athlete development. For this reason, we must have measures and methods in place to hold individuals accountable for the expected behaviors, actions and attendance. Physical training and exercise are critical components of the football training plan. These activities are used to enhance physical outputs and capacities that can be applied to practice and game performance. As a program we will not use physical exercises of any sort as accountability or accountability measures.
- Any player that is late or absent for any activity that they are required to attend including: practice, study table, academic appointments, training room, or class, will be subject to the discipline rules below.
- Any player who has a serious discipline problem off the field - if the wrongdoing is major you may go directly to your 3rd offense (based on Coach Campbell’s judgement).

DISCIPLINE – Our goal, as in all discipline issues, is to teach accountability.

in the season we will have a weekly Sunday Cyclone Reminder 10am-11am at Jack Trice Stadium. Out of season it will be 6am-7am Saturday mornings.

Cyclone Reminder = Position coach or designee will arrange 60 minutes of cleaning the following areas of the facility: locker room, indoor and outdoor practice fields, Bergstrom parking lots, sidewalks and weight room / training room.
1st offense will involve the individual and position coach.
2nd offense will involve the position group and position coach. (Same accountability)
3rd offense will involve the side of the football and involvement with Coordinator and then meet with Head Coach Meeting about future with the team.

- Aaron Hillmann will be the enforcer and keep track of all violations.
  - If you break core values Coach Campbell will handle all accountability. This could lead to community service, possible suspension, loss of scholarship, or dismissal from team.
  - The school has rules and procedures and we must follow them.
  - If you do get in trouble contact Coach Campbell immediately. Do not let him find out from someone else. The quicker he finds out the better chance he has of helping you.

TO WIN A CHAMPIONSHIP YOU MUST BE WILLING TO DO THE RIGHT THINGS

GOLDEN RULE

We don’t have a lot of little rules you have to abide by and remember. We do, however, have one major rule that is critical to your success in this program. It is called THE GOLDEN RULE. You have probably learned it at some time in your life at home, from a grandparent, or in Sunday school. THE GOLDEN RULE states "do unto others as you would have them do unto you." An easy rule to remember but some people have a difficult time adhering to this simple principle.
IOWA STATE FOOTBALL BOOSTER/FAN POLICY

We have the greatest fans, boosters, and alumni in college athletics. Their support of our program is needed and appreciated. College athletic programs would not exist without the support of these very influential people.

We want you to always be courteous and appreciative of the support we receive from our fans, boosters, and alumni. NCAA rules prohibit you from taking or receiving anything (financial, services, gifts, etc.) from this group. The result of receiving any type of gift or benefit would be considered and NCAA violation, which in turn would affect your eligibility. These rules also pertain to family members.
IOWA STATE FOOTBALL GAMBLING POLICY

1. You are not eligible to compete if you knowingly provide information concerning intercollegiate athletic competition to individuals involved in organized gambling activities; solicit a bet or any intercollegiate team; accept a bet on any team representing the institution; or participate in any gambling activity that involves intercollegiate athletics, through a bookmaker, a parlay or any other method employed by organized gambling.

2. You are not eligible to compete if you have shown dishonesty in evading or violated NCAA regulations. (NCAA Bylaw 10.1)

3. Report to your coach any attempt to secure information concerning situations that might alter the normal performance of your team.

4. Don’t accept any “free rides” from strangers, such as meals, presents, etc. You are required by both the department and the NCAA to report any individual who offers gifts, money or favors in exchange for supplying information or for attempting to alter the outcome of any contest.

5. Be aware of the legalities of gambling at an institutional and state level. Understand that the consequences at the University level may be expulsion, and that the University will assist with the enforcement of federal, state, and local anti-bribery laws.

6. Don’t accept any money from a “fan” for a game “well played”.

7. Don’t attempt to sell or accept money of benefit in exchange for your complimentary admissions to anyone.

8. Don’t discuss the condition or attitude of your team with anyone other than you teammates or coaches.

9. You must compete with honesty and sportsmanship at all times so that you represent the honor and dignity of fair play. (NCAA Bylaw 10.01.1)

10. Do not participate on internet gambling websites (poker, parleys, fantasy leagues, etc...) even if they are free.
IOWA STATE FOOTBALL SEXUAL HARASSMENT

At Iowa State University, you are part of a culturally and socially diverse community. You are expected to respect the dignity and sensitivity of all members of that community regardless of their national, ethnic or cultural background, sexual orientation, gender, ability, creed or faith. Consistent with the University's policy, actions that intentionally intimidate, humiliate or demean individuals or groups are unacceptable and will not be tolerated. You are expected to contribute to an environment that promotes community spirit and develops positive understanding and interactive relationships. Observation of any acts of harassment must be reported to University authorities. Consult the University's Student Code of Conduct for more detailed information.

IOWA STATE FOOTBALL PLAYER/STAFF SOCIAL RELATIONSHIP POLICY

All members of the football program are prohibited from having social relationships with all student staff, including:

- Academic tutors / mentors
- Student Trainers
- Recruiting Assistants
- Office Workers
- Equipment Managers
- Custodial Members