



GOPHER MEN'S BASKETBALL TEAM RULES

Follow all NCAA, University of Minnesota and Athletic Department rules, policies & procedures. Do not sell any gear, apparel, gifts, or awards you receive for athletic participation.

Early is on time, on time is late.

Abstain from sexual misconduct, underage drinking, illegal drugs, and any criminal activity.

Respect women at all times. Sexual and verbal harassment will not be tolerated.

Do not use any drugs (prescription or over the counter), steroids or supplements without consent from athletic department medical personnel.

HOUSING

- No drugs, alcohol, or pets in apartments at all
- Kitchen and common area must be presentable at all times
- Respect each others space and property
- No overnight visitors sleeping in common areas! No overnight visitors when you are out of town

Never drink and drive, and never get in a car with someone who has been drinking.

Do not drive scooters in inclement weather, and always wear protective eyewear.

No driving without a valid drivers license, and no driving other people's cars.

Obey all NCAA and compliance rules when it comes to gambling and extra benefits.

No use of twitter during the season. Conduct proper social media etiquette at all times (in season and out of season). No liking of any inappropriate material on any social media accounts.

Do not speak to any member of the media without prior approval from the Sports Information Director. This includes but is not limited to phone calls, face to face, or via any forms of social media.

No lying, stealing, cheating.

Always be fully dressed when entering the training room or walking in common areas around the facilities.

Missing treatments is like missing a class! Be on time for all appointments with athletic trainers and doctors

Respond to ALL texts and emails from coaching staff, academic staff, and professors immediately.

Respect teammates, coaches, athletic department staff, and this university.

Keep the locker room clean! Treat it like your own home.

Represent yourself, your family, this program, and this university in a positive manner wherever you are.

Commit to your role on this team, embrace it, and do everything you can to make this team the best it can be.

If you see a teammate doing something wrong: STOP THEM!



GOPHER BASKETBALL ACADEMIC RULES

Attend all classes, tutor sessions, and academic meetings on time.

No plagiarism, cheating, or any academic misconduct.

Sit towards the front of the class and remain awake and attentive during all classes.

No self-diagnosed illness. You must attend class unless previously excused from the athletic trainer.

Attend all scheduled meets with Kyle Quagliana on time and prepared.

All academic assignments must be approved by your academic tutor or Kyle Quagliana before it is submitted.

No cell phones in class or study hall at any time! No texting, social media, etc while in class)

No hoods or headphones on in class or in buildings.

Do not wear hats or hoods when in meetings with professors, academic counselors, or other university staff members.

ANY VIOLATION OF THESE RULES WILL BE SUBJECT TO PUNISHMENT.

Signature Here...

SIGNATURE

DATE