Marshall Men’s Soccer Team Rules

1. Student Handbook
   - As part of the Men’s Soccer program you will follow all of the rules and guidelines set forth in the Marshall University Student Handbook.

2. Class Attendance
   - Class attendance is mandatory as a member of the Men’s Soccer program.
   - Only excuses listed in the Handbook, will qualify for an excused absence from class.
   - Remember, you are here to get a degree; attending class at every opportunity is the best way to achieve this goal.

3. Study Table Policy
   - Study table is mandatory for every player who is assigned it. It will take place in the Buck Harless during officially posted hours.
   - Absences from study table will be regarded as missed training sessions and discipline will be handed out by the coaching staff accordingly.
   - All freshmen will attend four hours of Study Hall unless otherwise stated.
   - If said freshman attains a cumulative GPA of 3.0 or above at the end of his first year, he is exempt from study table for the second year.
   - All Freshmen, Sophomores and Juniors below a 3.0 cumulative GPA at the beginning of a semester must attend the four hours of study table for the entirety of that semester.
   - Once a student is at or above a 3.0 they are excused from Study Table unless they drop below a 3.0 CUM GPA.
   - Study table is open to any member of the soccer program regardless of their GPA if they choose to attend.
   - Please remember that tutors are not just there to help you not fail a class, they can be a great resource for going from a ‘B’ to an ‘A’.
   - You will be on time, courteous and diligent for all sessions with a Tutor.
   - You must notify a tutor if you can’t attend a session with the appropriate amount of notice (24 hours notice, unless otherwise stated). If you miss two appointments with a tutor without proper notification, you will be billed for the third session that you miss, and all additional sessions after that point for the remainder of the semester. Basically, don’t miss the session, and if you do give at least 24 hours notice so the tutor can plan their life accordingly.

4. Alcohol and Drug Policy
   - All Men’s Soccer players are subject to the Marshall University athletic department drug policy.
   - As stated in the student handbook, no drinking if you are under the age of 21.
   - For those over the age of 21, please limit your alcohol intake to a drink or two (1 or 2 bottles of beer or glasses of wine) with a meal during the season.
• No liquor under any circumstances during the season.
• No drinking within 24 hours prior to a training day.
• No drinking within 72 hours of a match day.
• The effects of alcohol on male testosterone production are well documented. Even a few beers on an evening will lower a male's production of testosterone for up to 48 hours. Binge drinking (described as: drinking more than 10 alcoholic drinks in an evening) will lower a male's testosterone production, lower their reaction time, and lower their mental cognition for up to two weeks after the binge drinking occurs. If you are serious about winning a Championship - you have to take this information into consideration.
• You will participate when requested in all mandatory drug tests.
• Use of illegal drugs will not be tolerated.
• No use of marijuana, cigarettes, cigars, e-cigarettes, vaping, or any other form of smoking device.

5. Cell Phone Policy

• Turn off your cell phones at any team activity. This includes but is not limited to:
  i. Team meetings
  ii. Training
  iii. Matches
• Cell phones may not be used for phone calls or text conversations in the locker room at the Veterans Memorial Soccer Complex, or the locker room of any away venue during training or match times.
• Place your cell phone in the top of your locker when you enter the home locker room.
• An exception will be made to music being played from a cell phone for the whole team.

6. Responding to messages from staff

• You will respond to all messages/emails from the coaching staff/compliance/trainers/admin/academic advisor in a timely manner.
• Give your best effort to completed all tasks assigned by the above group, before asking for help.
• Do not check you phones while you are in class.

7. Facebook/Twitter/Instagram - Public Media Policy

• You will not post anything about any member of the team, the inner workings of the soccer program, or anything that will bring yourself, the program, or Marshall University into disrepute.
• No posting of pictures containing images of yourself or other members of the team in the following circumstances:
  i. Drinking (plastic cups count)
  ii. Anything that may bring yourself, the program, or the university into disrepute
  iii. Involved in any explicit activity
• Everything posted on any social networking site must be of 'PG' rating

• Your sites will be checked by the athletic administration from time to time. By becoming a member of the Marshall athletic department, you are agreeing to abide by these public media rules.

• In any interview: Be humble, gracious to your teammates and coaching staff, and conduct yourself in a classy manner at all times. You must portray this program, your coaching staff and teammates and this university in a positive light.

• Remember, the good/positive things you say or post get ignored for the most part, it’s the negative statements that can cause problems.

8. Locker Room

• The locker room will be kept clean and organized at all times.

• Clean means spotless

• A coach could bring a recruit in there at any point. We want the locker room to reflect well on our program.

• Each member of this program is responsible for their own locker and surrounding area.

9. Veteran’s Memorial Pride

• The team will be divided up into smaller groups, each with a different assigned task.

• Each task will be important in the upkeep and reflect our pride in our home facility

• If we wish to make this place a fortress, having pride in our home is the first step.

• The Five groups/tasks will be

  i. Fence-line
     • Trash along the fence line - zip tie repairs - Parking lot trash - 5th Ave trash

  ii. Locker Room/Team Room
     • Clean locker room, team room, and equipment lobby

  iii. Stands
     • Sweep trash/dirt from stands, under bleachers, and walkways

  iv. Visiting Team Locker/Ref Room
     • Clean visiting locker room, referees room, and sweep black rubber from soccer ball

  v. B.B.C (Balls, Bibs and Cones)
     • Responsible for making sure that the Bibs, Cones and Balls are available and present at every practice and match, and packed and loaded on the bus for away matches.

     • The balls will always be pumped up (11 psi).

     • All kit must be in the laundry bin, if it isn’t or is hanging over the side, it will not be washed. This includes bibs and catapult vests.
* Laundry bin emptied and loops hung in lockers. Bin returned to area.

10. Travel Policy

* You will be on time for all scheduled departures, practices or matches.
* For away trips, you will wear the travel gear as selected by the captains.
* You will behave in a civilized manner, and act like a courteous and nice human being on road trips.
* Your behavior off campus reflects on the coaching staff, your teammates and the university, please bear that in mind.

11. Training/Treatment policy

* A treatment session with the trainer, as with study hall, will be viewed with the same importance as a training session by the coaching staff.
* Once you begin treatment for an injury, however minor, you can only be excused from treatment by the Athletic Trainer.
* You will be on time.
* You will not miss a training session without prior coaching staff approval.
* You will be in a fit, prepared, and mentally ready state to practice if you intend to participate.
* If you are not in the right temperament to practice and train, you will be sent home from practice.
* Remember, playing soccer is fun and it is a privilege, it should not be a chore.
* If you feel like you need to be excused for a practice for personal or physical reasons, please see or contact the coaching staff beforehand.
* It is your responsibility to notify the Head Coach of any absence or lateness the day before a practice. Also, you are required to send a text reminding the coaching staff an hour or so before practice, even if you’ve scheduled your absence in advance with the head coach.

12. In-Match behavior

* You are expected to conduct yourself according to the laws of the game.
* You are not to argue with or shout at the referee’s during a match. This includes comments made under your breath to an official. *I have never once seen a referee act kindly towards a player who is yelling and screaming at them. It will not benefit the team, and will most likely hurt us. Do not talk to the officials in any manner that is not friendly.*
* Protect yourself and your team mates at all times.
* No violence before, during, or after the match

13. Language

* English will be spoken in ALL team environments
  i. On the bus
  ii. On the pitch
iii. In the locker room.

iv. Communication is a key to our success, don’t miss the opportunity.


   - You are men act like it.
   - Be humble and have a growth mindset
   - Be prepared to learn and open to teaching
   - Be a nice, courteous and pleasant human being.
   - If you give your word, follow through, always.
   - Do not lie or cheat.
   - If you are ever asked questions by Marshall administration, give your honest answer.
   - Protect and look out for each other.
   - Don’t steal
   - Honor the institution, yourself, and your families.
   - Give full effort in the class room, and achieve your degree with the highest grades possible.

15. Discipline

   - All discipline will be handed out by the head coach on a case by case basis
   - The judgment of the Head Coach is final in all disciplinary situations
   - Discipline could involve but is not limited to any of the following:
     i. Suspension from the team
     ii. Expulsion from the team
     iii. Reduction of athletic aid
     iv. Cancellation of athletic aid
     v. Community service
     vi. Extra projects to benefit the program
     vii. Other.

I ______________________________ certify that I have read and understand the preceding Team rules and will abide by them, and by the decisions of the Head Coach regarding infractions of these rules.

Signature ___________________________ Date ____________________