

2019-20 University of Texas Softball Rules

Athletics Scholarships

If you violate the Texas Athletics Student-Athlete Code of Conduct and Expectations, your athletics scholarship may be reduced, cancelled, and/or non-renewed. Your acknowledgement of my expectations for the program and annual acknowledgement of the Code of Conduct and Expectations via SAS (Student-Athlete System) forms puts you on notice of this possibility. To be eligible for athletics grant-in-aid, you must be a member of the softball team and remain in good academic standing.

Scholarships are a confidential matter between each player, family and coach. Scholarships should not be discussed between players at any time.

Team Policies

Academics

- Maintain all University, Big 12 and NCAA academic standards for eligibility.
- Missed academic appointments = potentially missed games.
- You must not commit academic dishonesty and/or misconduct.
- Arrive on time to tutoring – you will be charged for late or missed appointments.
- Keep up with your classwork – don't procrastinate and stay on top of your assignments.
- **When you need help – Ask for it!**
- Attendance at scheduled classes is mandatory. You should sit within the first three rows of class. You are expected to complete and turn in all assignments on time and to take all course examinations. Subject to your professors' approval, you may only be excused for Texas Athletics travel and documented medical necessity.
- There will be periodic checks on attendance for classes and study hall.
- No class may be dropped without the permission of your academic coordinator. Dropping below 12 hours without an approved exception will result in your ineligibility for practice and competition.
- At the beginning of each semester your professors will be given copies of the team schedule along with a form letter describing the nature of your involvement and listing specific dates on which team members will be excused from class. **Please hand this letter to the instructor personally.** It is your duty to take the initiative in arranging with the instructor to make up missed work.
- All incoming freshman and transfers will be required to attend 8 hours of study hall per week for the entire year. Student-athletes must maintain a 3.0 cumulative G.P.A. or they will be required to attend study hall and tutoring as follows:
 - 2.75 and below requires 8 hours of study hall per week for the academic year
 - 2.99 GPA requires 6 hours of study hall per week for the academic year.
 - Failure to complete the required number of study hall hours may result in suspension from practice and/or game(s).
 - Our **Team Academic Goal** is to achieve and maintain a cumulative 3.0 G.P.A.

Academics: Study Hall

- You will be on time and come prepared.
- Your cell phones will be on silent. No texting, surfing the internet or social media while in study hall.
- Study Hall is a quiet time. You will be respectful of others who are studying around you.
- There will be no excuses about nothing to work on. There is always something more you can be doing.
- You will leave the room cleaner and neater than you found it. Replace chairs, tables, turn off lights etc.

Alcohol

- All University and State Laws apply to the possession, distribution and consumption of alcohol to or by minors under the age of 21.

Attendance

- On-time attendance to all team functions, including practice, strength and conditioning, team meetings, training room hours (including rehabilitation), tutors, class, and study hall is mandatory.
- Excessive tardiness could result in suspension or dismissal.

Conduct

- You must conduct yourself in accordance with criminal statutes and the highest standards of morality, honesty, fair play, and sportsmanship. Further, you must not participate in any conduct, commit any act, or become involved in any situation, occurrence, or activity that brings yourself, Texas Athletics, the University of Texas and/or any University staff member into public disgrace, contempt, scandal, or ridicule, or that reflects unfavorably on the reputation or the high moral or ethical standards of The University of Texas.
- You must comply with all rules in the Texas Athletics Student-Athlete Code of Conduct and Expectations.
- You must be a responsible, respectful and courteous member of the team.
- You must cooperate with coaches and have a good attitude toward responsibilities of being a student-athlete.

Dress Code

- Dress appropriately when traveling and/or representing the University.
- You must not wear attire that represents another university.

Drugs

- The use of any illegal substance is PROHIBITED. We will follow the law and rules set forth in The University of Texas Student-Athlete Manual and Code of Conduct.
- NCAA and Texas Athletics' rules prohibit the use, possession and distribution of drugs, including marijuana and NCAA banned substances. Please see www.NCAA.org/drugtesting for drug classes and examples.
- Every student-athlete is subject to random drug testing. You must comply with all drug test requests.

Hazing

- Absolutely NO hazing or harassment towards others.

Housing

- Living in the dormitories your freshman year is mandatory. You may live off campus if you choose to after you have completed your freshman year in residence. If there is a medical reason as to why you cannot live on campus, then please bring this to the medical staff's attention and they will consult with the coaching staff.

Injuries

- All injuries and illnesses must be communicated to the medical staff / athletic trainer as soon as possible.

NCAA Compliance

- You must adhere to all NCAA compliance regulations and Texas Compliance policies.

Smoking

- Smoking or tobacco use (including vaping) of any kind is unacceptable.

Social Media

- Keep ALL social media outlets clean of language, pictures and any other suggestive content that may be portrayed as inappropriate.
- While we encourage and fully support freedom of speech, we also ask you to know you are representing yourself, the University, Texas Athletics and your team every time you use social media. You are encouraged NOT to post information, photos, videos or statements that would embarrass yourself, your family, our team, our Athletics Department or our University.

Team Travel

- You cannot leave the team hotel on a road trip without permission.
- You must follow room-check and curfew guidelines.
- Non-teammates are NOT allowed in your hotel room without permission from the coaching staff.
- Not all student-athletes may be asked to travel.

Conduct

Practice, Game and Team Functions

- Cell phones must be on silent and out of sight at team practices and games. Cell phones are allowed during travel on the team bus, but please be courteous of others around you. Texting is discouraged at team meals. Pre-game nights you should not be on your phone, tablet or computer after 11pm – sleep is a vital ingredient to your health and well-being.
- You will wear team issued and designated travel apparel in its entirety.
- If you are to be taped or treated in the training room you will schedule this treatment to take place **and be completed 15 minutes prior to practice, pre-game warm-up or team departure for games on the road.**
- You will attend all practices, games and team functions.

Exceptions:

- Illness or injury that is documented by the athletic trainer or team physician.
- Excused by the coaching staff

You must:

- Text Coach Spencer **prior** to missing any Texas Athletics or team function. Then immediately contact the appropriate coach, tutor, professor or athletic trainer if you cannot make a scheduled appointment, practice or training session to let them know of the situation.

Equipment/Apparel

- At the end of the season you must turn in all uniforms and equipment to our Director of Operations or Vinny Alcazar in the equipment room. Your equipment is bar coded and a record is kept by Vinny of all equipment issued to you. You may not sell or exchange for value anything given to you by Texas Athletics – it will impact your eligibility to compete!

Off the Field Conduct

All members of the Texas Softball team are expected to follow all UT and Texas Athletics rules and regulations. Being a member of the softball team at no time allows you special privileges that may not be available to the entire student body. You are to adhere to all regulations and expectations concerning, but not limited to the following areas:

- Parking
- Dorm visitation and conduct
- Classroom behavior
- Texas Athletics Nutrition Center (TANC) access
- Class and study hall attendance
- Respect for personal and private property
- Respect for faculty, staff and law enforcement
- Respect for fellow students
- Intramural or recreational sports are prohibited – NO racquetball, basketball, powder puff or regular football, tennis, skateboarding, rollerblading, snow sports etc.
- Scooters are allowed, but obey all laws and University policy for use
- Obey all University, State and Federal laws

Disciplinary Action

The following is a guideline of disciplinary action for Texas Softball. Understand that you are a focal representative of Texas Softball. Your actions reflect good or bad on you, your family and our softball program from an immediate as well as future standpoint. The coaching staff will not look past violations or discipline.

Any and all violations will be dealt with on an individual and case-by-case basis. The enforcement will be determined by the severity of the violation.

A player can expect:

- **Suspension from the team including games and practices.**
- **Indefinite suspension from the team and sent home if on a trip.**
- **Expulsion from the team and possible loss of scholarship.**

The University and Texas Athletics also have conduct policies that may also subject you to additional disciplinary action.

Minor infractions

The players' committee comprised of three current players will meet to formulate disciplinary action guidelines for infractions including, but not limited to tardiness, missed tutor appointments, social media, cell phone policy and breaking of team alcohol use policy. These disciplinary guidelines must be approved by the coaching staff and sport supervisor.

Coaching Staff Standards and Expectations for UT Softball Team Members

- Respect – for self, family, teammates, coaches, opposition, officials, the game and the University of Texas.
- Attitude – everything is what **you** make of it.
- Effort – be relentless in your pursuit of being your best “you”.
- Develop and maintain a healthy lifestyle – food, sleep & exercise.
- Practice moderation in everything you do. Never too high or too low.
- Welcome and expect adversity – it makes us better.
- Respect and accept the decisions of the coaches.
- Be honest, work hard and give it your all.
- Be 5 minutes early and hustle everywhere.
- Lend a hand when needed without being asked.
- Turn in your dirty uniform and practice gear on time and the right side out.
- Take care of your glove, bat and equipment.
- Always keep your uniform top tucked in. At Texas we do not roll over our waistbands on our pants or roll up the sleeves on your uniform top.
- Control your emotions.
- If you are not playing or are substituted for, cheer for those that are (TEAM).
- If you disagree with something **you, not your parents**, must set up an appointment to meet with the coaches. We have an open door policy so communicate early and often to avoid small problems escalating into large problems.
- Always tell the truth (trust).
- When coaches talk to you, listen, look them in the eye and wait for the conversation to end before walking away.
- “I know” is not an acceptable answer – only “yes coach”, “OK coach”, or “I don’t understand coach”
- Add the word “yet” to anything that you currently cannot do.
- Three players will form a committee to represent the team in communicating issues to the coaching staff.
- It’s what you say to yourself, when you are by yourself that matters the most.

Pre & Post-Game / Practice:

- Mandatory stretching and rehab with Mel, Kassi or coaching staff. This includes band work
- No cell phones until you are released by the coaching staff

Parents

- Our contract is with you, not your parents and unless you are a minor (under 18) we are limited to discussing information with your parents without your consent
- When we are at away events we are there on “business”. However, your parents are there on vacation. Do not get the two confused.
- The coaching staff will make every effort to allow you to visit with your parents:
 - ❖ After the last game of the day if time permits
 - ❖ At the hotel at specified times (at no time are parents allowed in your room).
 - ❖ At specified meals and functions.

NOTE: these privileges can be revoked at any time by the coaching staff.

- I will be sending out a parent letter informing your parents of our team policies and expectations for them as supporters of not only you but our program.
- No parent / friend / significant other interaction between games on the same day unless instructed otherwise.

Appearance

You are now a University of Texas athlete and as such you are now held to a higher standard than other students at the University. You are under a microscope so people are always looking at you. Like it or not you are role models representing yourself, your family, our team, the University of Texas and our community. The following regulations should be kept in mind:

- Be neatly dressed and groomed anytime you are representing UT, including but not limited to:
 - **Involvement directly with the team in any manner**

- **On road trips**
- **At a press conference**
- **At alumni functions**
- No visible body piercing jewelry at any team practice, scrimmage or game. This is for your safety.
- At dinners, University and alumni events jewelry can be worn but please remember moderation – we want them to see you, not the jewelry.
- You will not wear attire that represents another university. Support your school, not someone else's.
- Team issued gear is not to be distributed to anyone else.