

2019-20 Team Rules and Expectations

Passion, Purpose, Preparation

Rules

1. COMMUNICATE, COMMUNICATE, COMMUNICATE

- a. Be clear.
 - b. Don't assume others know what you are thinking.
 - c. Be assertive and weigh if something needs immediate attention or if its best to let it go.
 - d. 48 hour communication rule. If something happens or you are bothered by behavior you have 48 hours to address it or... it's like it didn't happen... it's dropped.
2. NO SURPRISES... The truth always surfaces. Make sure that Coach Ford knows about any situations from **YOU** before she hears it from another source. If there is a team issue that is not resolved, the coaching staff needs to know and hear about it from the players, not an outside source in a timely manner.
3. Be on time. This includes everything relating to participation in team related activities (e.g., practice, competition, public appearances, meetings, etc.).
- a. If you miss an appointment or are going to be late, call the appointment and then call a coach.
 - b. No unexcused absences from team related activities.
 - c. No reporting late to team related activities.
4. I will fulfill all compliance rules and obligations including:
- a. No betting/ sports wagering.
 - b. Conduct myself at all times ethically and with sportsmanship.
 - c. Attend all mandatory compliance educational sessions.
 - d. Cooperate with and give accurate information to ASU, SDA Compliance Office, NCAA and Conference Office.
5. No Illegal drug use.
6. All prescription medication or nutritional, dietary, or supplement must be approved by SDA's Sports Medicine staff.
7. No smoking.

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8. Abuse of alcohol will not be tolerated. All policies and procedures according to the Student Athlete Code of Conduct will be followed.
 - a. Student-athletes who are 21 years old or older may not purchase, possess, or consume alcohol in the residence halls or on team time.
 - b. No drinking with Arizona State Softball gear on.
 - c. DO NOT attend a party wearing Arizona State Softball gear.
9. Hazing is not acceptable at any time.
10. No facial or body piercings on team time. If needed a clear studded substitute is acceptable.
11. Academic procedures are as followed:
 - a. No unexcused absences from class.
 - b. No unexcused absences from structured study programs or other academic meetings (i.e. tutoring, academic mentoring).
 - c. No engaging in academic fraud or academic misconduct whether or not the conduct results in an XE (failure due to academic dishonesty) on the student-athlete's transcript.
 - d. Take test away from each other. Do not sit next to a teammate during testing.
12. Behavioral conduct that will not be permitted:
 - a. Insubordinate behavior towards a member of the coaches, staff, or University staffs.
 - b. Participation in conduct detrimental to the best interests of the team or of ASU including, but not limited to, conduct which detracts from team morale or camaraderie.
 - c. Participation in any conduct, commit any act, or involvement in any situation occurrence, or activity that brings the student-athlete, SDA, and/or ASU or any University staff member into public disrepute, contempt, scandal, or ridicule, or that reflect unfavorably on the reputation or high moral or ethical standards of ASU.
 - d. Engage in demonstrable acts of dishonesty.
 - e. Fail to abide by local, state and federal laws.
 - f. Fail to immediately report an ASU student who is in possession of a weapon or engaged in violent or threatening behavior on or off campus.
 - i. – Note: such reports may be made to ASU DPS (in an emergency call 9-1-1, for a non-emergency 480-965-3456), the Office of Student Rights and Responsibilities (480-965-6547), or the ASU Compliance and Safety Hotline (877-786-3385).

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- g. All interpersonal interactions are expected to be respectful and professional. Any relationships (friendship, dating, study partners, etc.) between team members should not interfere with team meetings, practices, or games.
 - h. Engage in actions that violate the code of conduct governing ASU students or student-athletes.
13. Mandatory meeting with Amber Yudell regarding nutrition if your performance is not meeting team standards.
14. You are expected to participate in recruiting activities. RECRUITING IS THE LIFELINE TO OUR PROGRAM. There is absolutely NO drinking with recruits.
15. Travel
- a. All travel with team to and from away-from-home competition and other off-campus team trips are to be with the team. If wanting to go with a different family member- the head coach, Compliance Office and Business Office must approve.
 - b. Only team issued gear should be worn. It must be neat, clean, shirts tucked in, look presentable.
 - c. No belly buttons showing or inappropriate skin exposed. When in doubt dress nicer than you think.
 - d. Players may leave with family ONLY! Unless permission **prior** to the trip is obtained through head coach. No to family friends or significant others.
 - e. You must sleep in the room with your assigned roommate for that weekend...no switching. If you have a problem with the roommate that you have been assigned to bunk with come talk to one of the members of the coaching staff
 - f. No one other than your teammates, coaches, managers, and other Arizona State Softball staff members are permitted to be in your hotel room at any time. There is NO EXCEPTION to this rule. This also means that no one other than you and your assigned roommate should be sleeping your room. This includes no visiting friends or family members.
 - g. Absolutely no inappropriate behavior or sexual activity in hotel rooms...period!
16. No non-adidas logos allowed, Including Lulu on team time. Do not show other logos. Only adidas, Wilson and/or Louisville Slugger.
17. Team issued gear only on team time: practice, weights, travel, camps, games etc., unless approved through coaching staff
18. If going into pool, cold tub, anything with water- only dark colored team Issued items allowed. NO WHITE

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19. If you transfer or are removed from the team due to a disciplinary measure and still retain eligibility, you will forfeit the opportunity to obtain or purchase any equipment, footwear or apparel. This includes, but is not limited to jerseys, bats, custom footwear, cleats, apparel, etc. If you are in good standing and decide to not continue your collegiate career, you must inform the compliance office and equipment staff in writing of your intention to forfeit the remaining of your eligibility in order to obtain any equipment. These requests will be reviewed on a case-by-case basis.
20. All playing time communication will be done with Coach Ford and the player ONLY. There is absolutely no communication between coaching staff and parents regarding playing time. If you have an issue/question then you need to come and talk to Coach Ford.

By signing below, I affirm that I will abide by the NCAA, Pac-12, and Arizona State University rules and regulations and Sun Devil softball team standards/rules outlined in the above document. I understand that my failure to comply with any rule and regulation outlined above may result in disciplinary action, including, but not limited to, loss of athletics aid and/or ineligibility for intercollegiate athletics competition.

Printed Name of Student-Athlete

Signature of Student-Athlete

Date