



## Rules We Live By

If you live by the C10 Way of Champion Commandments you will have no problem following these team rules.

1. Do not lie, cheat or steal.
2. No drinking or drugs.
3. Violence of any sort will not be tolerated. Never put your hands on another person and there is to be no use of weapons of any kind.
4. No hazing or initiations of any sort.
5. Be on time! That means please report 15 minutes early...ready and prepared. Communicate if you are running late or have an issue.
6. Attend all classes, tutor sessions, meetings and team related activities. Adjust your schedules accordingly. If there is an emergency or sickness please contact Athletic Trainer for permission to miss or change appointment time. YOU must communicate and receive permission to miss any class, tutor session, appointment etc.
7. You may not make changes to your Academic class schedule without the approval of the Academic Advisor and Academic Liaison.
8. You may not ask your professors for extensions on papers, assignments or presentations without the approval of the Academic Advisor and Academic Liaison.
9. No cell phones during any team related functions.
10. Check your emails daily.
11. Respond immediately to all staff emails, text messages and phone calls.
12. The team locker room must be kept clean at all times. Please place athletic gear in your lockers and have your personal area clean.
13. Please keep your apartments or dorm rooms clean at all times.
14. Social media posts must be clean. No swearing or inappropriate pictures. Please do not retweet inappropriate posts.
15. Must friend a staff member in order to have a social media account.

16. All meetings and team related issues and or information are confidential. You must protect the privacy of our program.
17. Abide by curfew times set at home and while we are on the road.
18. Please wear team issued apparel to all team related functions unless otherwise specified. Team travel gear will be coordinated at time of travel.
19. No hats, handkerchiefs or head scull caps at any meals.
20. No jewelry during individual workouts or during practice.
21. We are a family. We will not date our family members which include players, managers and practice players.
22. If you need to leave the area for personal reasons, holidays, etc. YOU must get the permission of the Head Coach.
23. Please report all incidents (accidents, health, emergency situations, etc.) immediately to the Head Coach.
24. Abide by all rules set forth by the University as well as the student athlete handbook

**“GREAT ACHIEVEMENT is usually born of great sacrifice, and is never the result of selfishness”  
-Napoleon Hill**

I have read and understand “The Rules We Live By” policies and agree to follow them. I understand there is a Zero tolerance policy for any persons in this program that refuses to follow the rules. The Zero tolerance policy includes being held accountable by consequences set forth by the Head Coach, including suspension and up to removal from the team.

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Name (print)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name (signature)

\_\_\_\_\_  
Date