



**TEAM RULES**

**TEAM RULES**  
**Standard Language**

I  
II  
III  
IV  
V

Participation on an intercollegiate athletics team at Iowa State is a privilege. The following document includes team rules which outline the expectations for how you will represent yourself, your team, and Iowa State University. This includes the expectation that you will not engage in behavior that is detrimental to the image of your team, the athletics department and/or Iowa State University. If you engage in behavior that, in the sole discretion of the head coach, is determined to be detrimental to the Iowa State Women's Basketball team, then you may be suspended or dismissed from the team and your athletics financial aid may be cancelled. The majority of team rules in this document are specific to your sport, however, they also encompass rules and regulations as outlined in the following documents which are available in the athletics department for your review:

- I. Iowa State University Student-Athlete Discipline Policy
- II. Iowa State Student Code of Conduct
- III. Iowa State Athletics Drug Testing Policy
- IV. Big 12 Conference Handbook
- V. NCAA Manual

Violations of any rules in these documents are considered violations of team rules and you are subject to the discipline outlined in each document.

Violations of other team rules that result in your dismissal from the team (by the head coach) may be appealed to the Director of Athletics or designee.

**Cell Phones**

**TEAM RELATED ACTIVITIES**

**NO CELL PHONES**

- Recruiting Activities
- Team Dinners
- Public Appearances (i.e. Fan Fest, Autograph Sessions, etc.)

**SUKUP**

- No cell phones in the locker room
- No cell phones in the weight room
- No cell phones in the training room
- No cell phones when meeting with coaches

Cell phones to be placed in charger 30 minutes before the start of basketball related activities.

**HILTON**

- No cell phones in the locker room
- No cell phones in the training room
- \*Cell phones to be placed in charger when you report for games

**TEAM TRAVEL**

- Rules To Be Determined

**IOWA STATE WOMEN'S BASKETBALL**  
**Team Rules 2019-2020**

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As a member of the women's basketball program you are expected to do all you can to be a positive addition to all we do on and off the court. This includes academically, athletically, and socially. The following rules are designed to help everyone involved in our program achieve to the highest level possible. Violation of these rules may result in added responsibilities, suspension, expulsion, and/or revocation of scholarship.

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- Adhere to Iowa State/Big 12/NCAA Rules.
- Represent yourself and the program in a positive manner.
- Add to the program by your play and attitude.
- Be on time for all meetings, practices, games, travel etc.
- Do not miss any academic obligations (class, tutors, meetings, etc.).
- Use social media wisely—remember everyone reads your comments and they are out there forever.
- Respond to and handle Media Requests properly and in a timely manner.
- No “new” tattoos that are visible when wearing Iowa State clothing (uniforms, practice clothes, etc.)
- No illegal drugs at anytime (everyone could and will be drug tested at some point).
- No alcohol on the road.
- No alcohol is to be consumed 48 hours prior to competition.
- Maintain a proper body composition(as determined by the training staff).
- Be able to perform physically at a Big 12 Level. (Strength & Conditioning/Practice/Games.)
- No cell phones at team meetings or team meals. (See additional sheet)
- No head phones in lobby of hotels, restaurants, and walking through airports.
- No baseball hats at team functions and during team travel.
- Proper attire is required on team trips and functions (assistant coaches will decide).
- Housing - stay where you are assigned (do not leave for other lodging).
- Treat the facilities you use like they belong to you—keep locker room/gyms/lounge/Fredricksen Court/  
etc. clean!!