



KENTUCKY WOMEN'S BASKETBALL

Team Rules and Policies



University of Kentucky Student Code of Conduct

All Women's Basketball players will abide by the University of Kentucky Student Code of Conduct:

<http://www.uky.edu/StudentAffairs/Code/part1.html>

Student-athletes shall abide by all rules, policies, procedures, and codes of conduct outlined in the UKAD Student-Athlete Handbook

Team Meeting & Guest Speaker Rules

- BE ON TIME
- No cell phones allowed in the film room during team meetings or guest speakers.
Leave your cell phones in the locker room or team lounge.
- No hats.
- Be prepared—Always bring your notebook binder and a pen/pencil.
- Do not bring full meals into the film room during a meeting or guest speaker's presentation. Small snacks and drinks are allowed.
- Clean Up Your Area—throw away all trash prior to leaving the film room after meetings, games or guest speakers.
- Be Respectful—give your undivided attention to whoever is presenting. No talking or disruptive behavior.

Violations/Penalties:

- 1st Offense: Warning by the staff and review of team rules and policies.
- 2nd Offense: 5AM physical workout (Number of workouts determined by HC)
- 3rd Offense: 5AM physical workout and time monitoring for one week.
- 4th Offense: practice/game suspension determined by the Head Coach.

UK Women's Basketball Social Media Policies

In order to avoid any problems or misunderstandings we have created the following social media guidelines:

- You can post up to FOUR times a day but no more than FOUR a day during season. Season will be considered 1st official day of practice in October to our last game in the post season.
- After post season until our first official practice in October, you can tweet up to 10 times per day.
- A retweet counts as ONE in your daily allowance
- Keep your personal life off of social media.
- Pictures with friends, boyfriends/girlfriends should not include sexual gestures or imply sexual gestures.
- Do not use curse words or racial slurs (“gay”, “homo”, “n*gga”, etc) in your comments or social media status. This include acronyms (“WTF”, “MOFO” “FO”, “Biihhhh” , “AF”, “MF”, “TTA”, “WYFM” etc.)
- Game Days – no posting starting two hours before the game (earlier is ok)
- Do not retweet something from an inappropriate handle (no names with curses, sexual or racist references)
- Do not engage with criticism or haters
- Respect and know your audience – could be parents, recruits, professors
- Do not comment negatively about a class or assignment (Psychology 101 is the worst class ever ... so boring)
- If you think a post *may be* inappropriate, do not make it public
- Keep things within the UK family – no injury talk, game plans or negativity
- Check your photos closely before posting – make sure nothing unusual is in the background and your clothing is appropriate (no images wearing just a sports bra)
- Do not use social media to sell items or promote events, trainers, club programs, etc.
- All players must accept UK staff member request on all social media accounts.

Failure to adhere to our Social Media Policy will result in the following:

- **1st Offense:** Student-Athlete will be asked to remove their social media policy violation and will have a one-on-one social media meeting with a staff member.
- **2nd Offense:** Student-Athlete will complete a 5AM conditioning workout as assigned by a WBB staff member. Student-Athlete will lose social media privileges for period determined by coaching staff.
- **3rd Offense:** Student-Athlete will lose all social media privileges. Student-athlete will also be at risk for game day suspension or team suspension.

What To Do:

- Tell YOUR Story
- Thank Fans
- Support Others (ex. Great win for UK volleyball tonight)
- Share excitement about the season
- Use humor and funny stories
- Above all, BE YOURSELF

Keys To Remember:

- Everything is newsworthy because of who you are
- Different rules for other students
- Understand the potential audience size – even if you have 300 followers, a post can still go viral quickly
- You retweet it, you own it
- Nothing disappears from social media
- Media, business owners and WNBA coaches will all check your social media

WHAT IMPRESSION DO YOU WANT PEOPLE TO HAVE OF YOU?

Representing UK and using social media as a platform is a privilege and will be taken away if the policies and rules (above) are not followed

I understand and agree to the above stated social media policy

Signature

Date

UK Women's Basketball Curfew Rules

OFF SEASON TRAINING CURFEW POLICY

SEPTEMBER—NOVEMBER

<u>Day</u>	<u>Curfew Time</u>
MONDAY	10:00 PM-5AM
TUESDAY	10:00 PM -5AM
WEDNESDAY	10:00 PM-5AM
THURSDAY	10:00 PM-5AM
FRIDAY	OFF
SATURDAY	OFF
SUNDAY	10:00 PM-5AM

Curfew Rules:

- Players must be in their dorm room/apartment by the designated curfew time.
- No outside guest or visitors are allowed after curfew.
- Player must not travel outside of a 15 miles radius of Lexington, KY during designated curfew days unless previously approved by the Head Coach.
- If you are traveling out-of-town, you must notify Amy Tilley prior to leaving. You must also, notify her once you have returned.

IN-SEASON TRAINING CURFEW POLICY (October-April)

- Curfew will be 10:00 PM every night the day prior to a game or practice.
- There will be no curfew on the nights prior to a scheduled OFF day.
- If you are traveling out-of-town, you must notify Amy Tilley prior to leaving. You must also, notify her once you have returned.

Violation of Team Curfew:

- 1st Offense: Warning by the staff and review of team rules and policies.
- 2nd Offense: 5AM physical workout (Number of workouts determined by HC)
- 3rd Offense: 5AM physical workout and time monitoring for one week.
- 4th Offense: practice/game suspension determined by the Head Coach.

Dress Code Policy

- Upon arrival to campus you will receive a Workout Dress Code that you are to follow for all workouts and conditioning.
- **Important Team Apparel Rules:**
 - Nike is the ONLY brand Players are allowed to wear to participate in workouts, practice, UK athletics sponsored events or meetings in UK Athletics facilities. (No Competitor brands—Adidas, Reebok, Under Armour, etc.)
 - All socks should be team issued Nike socks (Solid Blue, Black, White) No other brands or colors.
 - Compression gear, Spandex, and Sports Bras should be solid colors and team colors of Blue, Black, or White.
 - Acrylic nails will be allowed at the discretion of the athletic trainer. You can be asked to remove them at any time for safety issues.
 - Remove all colored nail polish prior to games.
 - NO JEWELRY during practice, workouts, warm-ups or games.
 - Shirts tucked in before you leave the locker room for all practices, workouts, or events.
 - Visible tattoos must be covered during team events, meals, meetings practices, workouts, community service, etc.

TEAM ISSUED APPAREL

- Players are responsible for keeping up with all team issued apparel.
- Any apparel you receive from June to April you could be asked to wear at ANY time.
- Do not give any team issued gear for the current season away.
- Players will be financially responsible for replacing any lost apparel required for practice, conditioning, team travel or team events.
- Players utilizing the hot/cold tubs should wear appropriate clothing while in use of the tubs. Players need to wear their robes to/from the tubs.

PRACTICE LOOPS/LAUNDRY

- Players will have one hour from the completion of practice, workouts or conditioning to have their dirty loops in the laundry bin.
- All loops must be left in the building.

Failure to adhere to the Team Apparel policy will result in disciplinary actions.

- 1st Offense: Warning by the staff and review of team rules and policies.
- 2nd Offense: 5AM physical workout (Number of workouts determined by HC)
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Practice Rules and Conduct

- Be on TIME!
- Arrive to the court at least 15 minutes prior to the start of practice.
- Be dressed and ready to start! This includes: No Jewelry, Shirt/Jersey tucked in, all necessary treatment completed and shoes on!
- Players are to refrain from vulgar or inappropriate language on the playing court.
- Be respectful to your teammates, coaches, managers and support staff.
- No one may miss practice, workouts or conditioning unless excused in advance by the trainer or HC.
- Communicate! Report all health needs/issues to the trainer ASAP. Any issued should be handled prior to the start of practice.
- Everyone must shower after practice—we value cleanliness.
- BE COACHABLE
- Treat others with respect.
- Expect to be challenged, pushed, and critiqued by your coaches—remember it's their job to make you better!
- Don't be afraid to make a mistake—mistakes are part of the journey.
- Coaches do not coach effort—bring it every day!
- Treat managers with courtesy and respect at all times.

Violations/Penalties:

- 1st Offense: Warning by the staff and review of team rules and policies.
- 2nd Offense: 5AM physical workout (Number of workouts determined by HC)
- 3rd Offense: 5AM physical workout and time monitoring for one week.
- 4th Offense: practice/game suspension determined by the Head Coach.

HOME Competition Rules and Conduct

- Players are to report to the Joe Crafter Center 2 hours prior to the start of competition.
- Players will be ready to warm up at the 90 Minute mark.
- Players are to put their phones in air plane mode at the 90 minute mark.
- Players will display sportsmanship at all times and represent the University of Kentucky in a respectful manner.
- Players are to refrain from vulgar or inappropriate language on the playing court.

Violations/Penalties:

- 1st Offense: Warning by the staff and review of team rules and policies.
- 2nd Offense: 5AM physical workout (Number of workouts determined by HC)
- 3rd Offense: 5AM physical workout and time monitoring for one week.
- 4th Offense: practice/game suspension determined by the Head Coach.

Travel Rules and Conduct

- Players should be aware of the team travel itinerary at all times.
- Be on TIME to all team events and departure times.
- No outside guests are to stay in your hotel room during team travel.
- Curfew will be determined and set on each team travel itinerary and players are to adhere to the designated time.
- Players are to follow team dress code policy during team travel.
- Players will wear Shooting Shirt and Warm-up pants on the bus in route to competitions.
- Players will remove all headphones prior to exiting the bus or plane for competition or practices.
- Players will be respectful to event staff working in the facilities and greet them when entering the building for practices or games.
- Managers will be the first off the plane and bus upon on arrivals.
- Players will immediately follow the managers off the bus/plane.
- Players should wait to be addressed by Coach Mitchell upon arrival to the hotel and arrival to TacAir (return flight) before exiting the plane or bus.
- Do not bring phones to team meals, team meetings, practices or film sessions during team travel.
- Only team issued backpacks or duffel bags are permitted to be used when getting off the bus for games or practice.

Violations/Penalties:

- 1st Offense: Warning by the staff and review of team rules and policies.
- 2nd Offense: 5AM physical workout (Number of workouts determined by HC)
- 3rd Offense: 5AM physical workout and time monitoring for one week.
- 4th Offense: practice/game suspension determined by the Head Coach.

Drugs, Alcohol, Tobacco

1. Student-athletes will not use tobacco products of any kind at any time.
2. Alcohol and Drugs: The student-athlete shall follow all the rules, policies, and procedures as established by the NCAA, UKAD, University of Kentucky, and the state of Kentucky. It is a violation of the State of Kentucky for any individual under the age of 21 to drink alcoholic beverages.
3. For players of legal drinking age, they will be under the following rules: There is no consumption of alcohol of any kind by any student-athlete during the team's playing season.

Violations/Penalties:

Kentucky Women's Basketball will adhere to the UK athletics Drugs, Alcohol and Tobacco policy for punishment.

Additional punishments/penalties will be at the discretion of the Head Coach

Conduct During Official/Unofficial Visits

- Student-athletes will adhere to all NCAA and SEC rules and regulations.
- During planned team events with a recruit student athletes should refrain from using cell phones.
- Be on time to scheduled events.
- Be engaged

Violations/Penalties:

- 1st Offense: Warning by the staff and review of team rules and policies.
- 2nd Offense: 5AM physical workout (Number of workouts determined by HC)
- 3rd Offense: 5 AM physical workout and time monitoring for one week.
- 4th Offense: practice/game suspension determined by the Head Coach.

Text Messages

- If you receive a text message from a Coach or Support Staff member respond to **ALL** text to acknowledge you have received the text. This includes group text messages.
- Players should respond to a text message within 4 hours from the time it is received.
 - Exceptions include:
 - During class or tutor blocks and all other academic obligations
 - Game Day requirements and obligations
 - Personal travel/driving

Violations/Penalties:

- 1st Offense: Warning by the staff and review of team rules and policies.
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- 3rd Offense: 5 AM physical workout and time monitoring for one week.
- 4th Offense: practice/game suspension determined by the Head Coach.

Facility Safety and Responsibilities

- All players are REQUIRED to have a fob at all times.
- If a player loses their fob, it must be replaced within 48 hours or the first business day following the 48 hour period. Replacement fobs are \$25 and can be purchased on the 2nd floor of the JCC.
- Do not share or give your fob to other people to access our facilities.
- Do not leave doors propped open (this included exterior doors to the Joe Craft Center, Locker Room or Team Lounge)
- NO OUTSIDE guest in our facilities without prior approval.
- NO OUTSIDE guest in our team lounge or locker room. No Exceptions!
- Keep your locker area CLEAN—It is your responsibility.
- All personal items should be stored inside of your locker prior to leaving each day.
- Your locker is not your storage facility. Keep it clean, neat and organized at all times.

Violations/Penalties:

- 1st Offense: Warning by the staff and review of team rules and policies.
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Press Conferences

- Student athletes attending post-game press conferences will wear their game-day shoot-around top and game shorts while attending the press conference.
- No Hats or Backpacks are to be worn during the press conference.
- No use of profanity or vulgar language.

Off Campus Conduct

Student-athletes shall abide by all local, state and federal laws and regulations. Student-athlete shall not have any violation(s) of local, state, or federal laws that result in a conviction.

Academics

- Dress Appropriate for class—follow WBB Dress Code Policy. No Hats, Hoodies or Headphones are to be worn during class.
- Student-athletes will attend all classes and arrive on TIME.
- Players are to sit on the first two rows of their class.
- Complete required quiet study hours by designated time assigned by the Academic Coordinator.
- Arrive on time to all tutors.
- A 24-hour notice must be given to cancel a tutor. Tutors are cancelled by contacting the Academic Coordinator.

Performance – Day(s) of Lockdown *Based on Coach Butts' and Tiffany's discretion

- Poor performance on quiz
- Poor performance on exam

Level 1 – Tank Workout, 5am Bike Workout or Day(s) of Lockdown

- Missed homework assignment
- Being late to class
- Headphones or Hoodies on during Quiet Study
- Not sitting in first 2 rows of the class

****Level 2 – Multiple Tank or 5am Bike Workouts, or 2-3 Days of Lockdown**

- Missed tutor/mentor (\$25 fine associated with miss)
- Missed CATS Hours
- Missed class
- Report from professor and/or tutor regarding cell phone use during class/tutor session

****Level 3 – Meeting with Coach Mitchell, Coach Butts, and Tiffany Hayden**

- Repeat Offender
 - Lockdown will be discussed
 - Academic Contract covered and signed
 - Future at UK discussed

****Handwritten notes of apology will be required for all Level 2 and Level 3 offenses. Notes will be written for Mitch Barnhart, Coach Mitchell, Tiffany Hayden, your parents and your academic coach.**



KENTUCKY WOMEN'S BASKETBALL

Team Rules and Policies

Violation of a team rule(s) may result in the student-athlete being required to do community service, physical workouts, time monitoring, and suspension from practice, team activities, contests, suspension from team, removal from team, and/or loss or reduction of scholarship.

I, _____, have received, read and understand all team rules and policies established by the Women's Basketball program at the University of Kentucky. I understand the consequences of failing to adhere to the team rules and policies.

Print Name

Date

Signature

Date