

BEARCATS BASKETBALL

2019-20 TEAM RULES

1. **Go to CLASS.** You are a *student*-athlete and you must attend class! Pay attention in class and **DO NOT USE A CELLPHONE.** If you are ill, you must contact and visit Emi and receive her approval prior to missing class due to illness.
2. On time is late and early is on time! Remember to always arrive 10 minutes early (the 10 Minute Coach Heard Rule).
3. Be responsible! This means you must go to class, meet with your tutors, plan ahead, return paperwork and assignments timely, finish what you start, and meet your obligations. Let your word be your bond!
4. Respond to all phone calls, text messages, and e-mails from the coaching staff and members of the Athletic Department in a timely manner. Generally, you should respond within 10 minutes unless you are in class, practice, or a game.
5. Be loyal! What happens within our team stays within our team. Defend each other. If you have a problem, communicate directly with the one you have a problem, not someone else. We recognize that there are certain issues that you may not feel comfortable discussing with coaches or teammates. For those matters, we encourage you to communicate your issue with another administrator in the Athletic Department or at the University of Cincinnati.
6. Bearcats image:
 - Dress appropriately for the situation. Your clothing should not be sloppy or too small. Your shirt should be tucked in.
 - Represent our team positively when traveling with the team or attending class. You should dress to impress in the community.
 - You may not have acrylic nails, overlays, or false lashes (individuals, strips, extensions) except during the month of May and August 1-27.
 - You may not wear nose rings at team functions or events, including during team travel.
7. Use your time to be better in the classroom, to get better on the court, and to improve yourself every day.
8. You may not use profanity on or off the court. We carry ourselves with class and represent Bearcats basketball in everything we do. Do not let our image be tarnished by profane language.
9. If you have social media accounts, remember to always represent the team and yourself in a positive and appropriate manner. Do not post, like, favorite, etc. anything on social media with

inappropriate content (language, drinking, partying, intimacy, disorderly behavior, etc).

Always be mindful of what you like, favorite, and retweet!

10. You may not use cell phones or headphones at team, Athletic Department, or University of Cincinnati functions, including team travel when you are walking in the airport or in the hotel lobby. Use that time to interact with your teammates, coaches, support staff, fans – be invested and involved!
11. Plan your day so that you will be ready for practice. Allow yourself enough time to eat properly, get treatment, and get taped so you are PREPARED for the start of practice. Come early and leave late.
12. Alcohol use is strictly prohibited during the academic year in-season and out-of-season practice and strength and conditioning periods. If you are under the age of 21, you are prohibited from consuming or possessing alcohol at all times.
13. Illegal use or abuse of drugs, including prescription drugs, is strictly prohibited.
14. The team needs to have great leaders, eager followers, and role players. Remember to lead by example at all times. Everyone has an important role on the team and it is your job to excel at your given role.
15. Carry yourself as a WINNER in everything you do. We are building a culture – WINNING MATTERS. We will walk, talk, and act as WINNERS do.

Sanctions

Failure to abide by these team policies will result in sanctions. Sanctions may include, but are not limited to: community service, loss of athletic scholarship, dismissal from team, suspension from games and/or practices, attendance at mandatory meetings, increased academic requirements (study hall, tutoring, etc.), or other sanction that is meant to remedy the misconduct.

The Head Coach and Athletic Director have final authority on sanctions following misconduct. Multiple violations will increase the severity of sanctions, though progressive sanctioning is not required. Refer to the Student-Athlete Handbook for applicable appeal procedures.

Acknowledgement of Team Rules

Please sign and return:

I have received and read these team policies. I fully understand these team policies and what is expected of me. I acknowledge that I may discuss any questions I have about these team policies with my coaches. I understand that playing basketball is a privilege, not a right, and that I need to treat it as such. I understand that my coaches have the right to remove me from the team based upon my effort, attitude, and behavior. I will represent the University of Cincinnati, the team, and the Athletic Department to the best of my ability at all times.

Name: _____

Signature: _____ Date: _____