

# Rutgers University

## Men's Basketball Team Rules 2019-20

Our philosophy on team rules and the discipline surrounding the core values of our program fit in lockstep with how we want our students to grow as people, students, and athletes. Our goal is to build champions in ACADEMICS, COMMUNITY, ATHLETICS, and LIFE. Maximizing growth in these areas requires a tremendous amount of PERSONAL RESPONSIBILITY by each student athlete. Our team rules, standards, and expectations will fully support our mission of helping our students excel during this critical time of their development.

The expectations and goals we have for all of our students will be the same as we help them strive to achieve excellence in academics, community, athletics, and life. Our program will be built on respect and personal responsibility; each student is expected to be a positive member of the campus and local community. The expectation is to enhance the image of Rutgers University, Rutgers Athletics and the Rutgers Men's Basketball Program through each individual's commitment to growing in all important areas of their lives.

We want to be clear that the decisions we make surrounding the enforcement of our team standards and expectations will not be based on winning games. These decisions will always be based on what is best for each student and their future so they have a better chance to be successful in life.

We will have zero tolerance for conduct that does not add to the positive culture that is Rutgers Men's Basketball. We will be educational at all times with our discipline as we work to develop our culture and punitive at times when the situation calls for it.

### Rutgers Student-Athlete Standards and Expectations

You are responsible for reading and understanding the topics and material covered in the Rutgers Student-Athlete Standards and Expectations (Standards and Expectations). This document outlines what is expected of you as a student-athlete in many areas including:

- Sportsmanship and Conduct
- Academic Support Services for Student Athletes
- NCAA Compliance
- Sports Medicine and Alcohol and Drugs Education and Testing Policy
- Athletic Communications and Media Relations
- Athletic Equipment Issue and Return
- Housing
- Parking

- Social Media, Social Networking and Other Forms of Internet Communication

A violation of any rule, regulation, law or policy described in the Standards and Expectations is considered a violation of the Team Rules and will be treated as such.

## Academic Standards

--Rutgers Basketball players will attend every class. If you are sick and can't attend class due to illness or a doctor's appointment you need to contact Rich Campbell immediately so you can make an appointment with our team doctor. You are then to contact Randi Larson and our coaching staff prior to missing the class or tutoring session.

--If Rich is not aware of or does not think your illness, injury, or Dr. appointment constitutes missing class/tutoring then you will not be excused and the coaching staff will be notified. All excuses for illness or injury must be accompanied by a doctor's note.

--Randi can't provide excuses for missed classes aside from those associated with team travel.

--You may not miss class for practice or training of any kind. You must have permission from the head coach prior to scheduling a class that conflicts with our training schedule.

--You must be early for each class and make every attempt to sit in the first ½ of the class.

--Rutgers Basketball players must attend all required study hall hours as determined by Randi. You must complete your study hall hours between Sunday and 12 noon on Friday.

--No cell phones, text messaging or participation in social media during class, tutoring or study hall—phones are required to be off and away at these times.

--All student athletes are required to attend and be on time for all academic meetings organized by our academic support staff.

--For a third academic miss (class, tutoring, appointment with Randi, etc.), you will be required to meet with Scott Walker, Executive Director of Academic Support Services for Student-Athletes.

## Social Standards

--As a member of the Rutgers Men's Basketball program you need to carry yourself in a way that adds to the positive culture that is Rutgers Men's Basketball. As representatives of the Rutgers Men's Basketball program, the athletic department, and university you must always be aware of how you conduct yourself in every public setting.

--We will have zero tolerance for conduct that does not add to the positive culture that is Rutgers Basketball.

--The use of alcohol is never allowed when you are officially representing Rutgers University, the athletic department, or our basketball program.

--The legal drinking age in New Jersey is 21. It is against the law to drink if you are under the age of 21. All players will abide by this law.

--Unless prescribed by a physician for medical reasons, the use of any drugs during your collegiate career is prohibited. You must make our athletic trainer aware of any prescription drugs you are taking.

--You will be drug tested at Rutgers University as per the Division of Intercollegiate Athletics Alcohol and Drug Testing Program which can be found in detail in the Rutgers University Student-Athlete Standards and Expectations. If you feel you have a problem with drugs or alcohol please contact the coaching staff, Rich, our team physician or our sport psychologist so we can help you get the appropriate treatment.

-- Participation in gambling activities, such as providing information to a college student or professional bookies or engaging in any sports wagering is strictly prohibited. This is not only a violation of team rules, it is a violation of NCAA rules and will result in immediate ineligibility.

--Hazing of any kind is strictly prohibited. Please refer to the Standards and Expectations for further information about hazing, including university policy, state law, and examples of activities constituting hazing.

--Actions that warrant legal action (e.g., public urination, carrying an open container, sexual abuse, assault, weapons possession, etc.) may result in consequences as outlined in these team rules.

--Sexual abuse or sexual harassment will result in consequences as outlined in these team rules. Please see Standards and Expectations for further information regarding university policy regarding sexual misconduct.

# Practice and Competition Standards

--All team meetings, practices, and workouts designated by the coaching staff are mandatory.

--Rutgers Men's Basketball players will be on-time to all team functions, practices, lifts, team meetings, academic meetings, and doctor's appointments. Student athletes must contact a member of the coaching staff prior to the start of the event if something will prevent them from arriving on time.

--All men's basketball staff members will be treated with the same level of respect by each student in the Rutgers Men's Basketball program. This includes coaches, administrators, training staff, strength/conditioning staff, and academic advising staff.

--Rutgers Men's Basketball Players will have a positive outlook and always display positive body language despite their individual circumstance.

--Rutgers Men's Basketball Players will communicate with each other in a positive way at all times. We mean no offense and take no offense with all of our communication.

--Rutgers Men's Basketball players will accept the coaching of the staff and always be focused on being a great teammate. Great teammates accept constructive criticism and are always looking to find ways to improve individually and as a team.

--If a player has a question with a coaching decision, that player must direct any of these concerns directly with the head coach in private. These matters should never be discussed in public. The best way to resolve any of these concerns is to directly address the coaching staff.

--Cell phones are never allowed during team functions including team meals, practice, meetings, lifts, and film sessions. Phones will be allowed at certain times when traveling with the approval of the coaching staff. When allowed be sure to have phones set to silent or vibrate and step away from the team if you need to make or receive a call.

## Compliance

You should act responsibly and make the right choices when confronted with any situation where you risk violating any relevant local, state or federal law, or any rule, policy or procedure of the NCAA, the Big Ten, the University and these Team Rules. As a student-athlete and member of this team, you agree to:

- comply with each one of the team rules outlined in this document;
- follow all NCAA and Big Ten regulations as well as team rules, university policies, local, state and federal laws;

- report any and all NCAA and Big Ten violations or potential issues to the coaching staff or the Office of Athletic Compliance;
- report any event or activity that places you in violation of any of the Team Rules, university policies, or local, state or federal law, to the head coach or your Sports Administrator in person, by email, text message, or phone as soon as possible after the event occurs;
- participate in rules education when required to do so; and
- use the DIA Office of Athletic Compliance as a resource to make sure that your eligibility is protected and that you are knowledgeable of compliance-related matters.

## Travel Standards

--Travel gear is to be uniform and Rutgers issued.

--All meals are to be with the team unless specified by the coaching staff. You are to wear team issued athletic gear to all team meals unless otherwise specified by the coaching staff.

--No one other than Rutgers Basketball players and staff are allowed in hotel rooms.

--You must be in your hotel room by curfew, no exceptions.

--Each trip will be organized and you will be aware of the itinerary. Each day you should be aware of when and where we will meet as a team. It is the expectation that you will make sure your teammates are all communicating so that we have 100% on time performance.

## Training Room Standards

--You must be cleared to practice and compete by our team trainer and medical staff. There will be times you will be cleared to practice or compete when your body is hurting. You must learn the difference between soreness and injury. We expect that each student will communicate honestly with our training staff.

--Any illness must be communicated to the athletic trainer, coaching staff, and academic advising.

--Do not use the athletic training room as a social gathering place. The men's basketball coaching staff fully supports the rules and expectations that the athletic training staff has established in their area. It is our expectation that you follow all rules and expectations established by our athletic training staff.

## Equipment Standards

--All Rutgers Basketball issued gear must be worn properly at all times. All items must be tucked in and neatly worn in uniform fashion as a team.

--All uniforms will be turned in immediately following games for laundering.

--Only Rutgers issued practice gear will be worn for practices, weight training sessions, and games.

--Any items that are visible outside the practice or game uniform (Head bands, arm/leg sleeves) must be approved by the athletic training staff and coaching staff. The NCAA has policy in place to regulate the type of sleeves and shirts that are visible outside the uniform, all of these items must be approved before being worn.

--Rutgers Men's Basketball issued athletic gear should be worn only by Rutgers Men's Basketball Players.

--At the end of the season or upon otherwise leaving the team (dismissed from the team, quitting the team, etc.), you must return all apparel and gear that had been issued to you as determined by the Head Coach and Equipment staff.

--You will be financially responsible for any apparel or gear issued to you and not returned or returned in a condition that cannot be reissued. The athletic department will place a financial hold on your account equal to the cost to replace the returned apparel or gear that cannot be reissued.

## Weight Room Standards

--All scheduled weight room sessions begin on time. Be on-time – which means you arrive prepared and ready to begin at the appointed start time.

--No cell phones or I-pods are permitted in the weight room.

--Only Rutgers issued gear will be worn in the weight room. Sneakers are the only acceptable footwear in the weight room.

--All Rutgers Men's Basketball Players must communicate with our strength coach about injuries.

--The Men's Basketball Coaching staff fully supports all of the rules, standards, and expectations that the strength coach has established in his area. It is our expectation that you follow every standard and expectation that is created by our strength coach.

# Locker Room and Practice Facility Standards

--Only Rutgers Men's Basketball Players, coaches, and staff are allowed in the Locker Room and Practice Facility.

--The Locker Room and Practice Facility will be kept clean and orderly at all times. Everything is to be kept in its proper place and items hung neatly in your locker. All players are expected to participate in maintaining the cleanliness and order of the locker room and practice facility.

--Any guests must be accompanied by a Men's Basketball Player, coach, or staff member while they are in the Locker Room and/or Practice Facility.

## Lettering Standards

All student-athletes that are on the Men's Basketball Roster will receive the appropriate varsity letter and gift by meeting the following criteria:

- \* Athlete must be listed on the team roster at the end of the semester.
- \* Athlete must be in good standing with the basketball team.
- \* Athlete must participate in all practices and game day activities unless valid excuse has been approved by one of the coaching staff members.
- \* Athletes that are injured during the year may receive a varsity letter and gift if they are diligent in following their rehab work outs and or working with the team in another capacity as deemed necessary by the coaching staff.
- \* If there is a circumstance that is not covered in policy above, the coaching staff and men's basketball program administrator will meet to decide the appropriate decision on a case by case instance.

## Consequences for Violating Team Rules

Any violation of conference, NCAA, University and/or team rules may result in immediate disciplinary action ranging from apology to the team/administration, suspension from practice(s), suspension from competition(s), community service, cancellation of scholarship, or dismissal from the team. The appropriate action will be decided based on the severity of the infraction, the discretion of the head coach, and review by the administration, as may be required.

### **Unusual Circumstances**

Recognizing that each situation presents a unique set of circumstances, deviation from what is listed in these Team Rules may be warranted in the sole discretion of the Head

Coach. Should such an occasion arise, the Head Coach, in consultation with the administration, will have the discretion to deviate from these Team Rules. In all such circumstances, the Head Coach and/or administrator will document in writing the reasons for such deviation.