

*Get Your Armor On...*  
***Shields up***  
***2019-2020***

**Integrity**

Do What's Right  
In School  
On the Field  
In your Social Life

**Pursue Excellence**

In School  
On the Field  
In your Social Life

**Show Grit**

Work Harder  
Fight Stronger  
Grind Longer

These are the Expectations and Standards you will be held to every day. As coaches, we will relentlessly help you to become the Best version of Yourself while becoming the Best Team we can be Physically and Emotionally.

## **Rutgers Softball Team Policies – 2019-20**

### **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). The Standards and Expectations 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 and Big Ten Conference Compliance
- Sports Medicine
- The Alcohol and Drug Education and Testing Policy
- Athletic Communications and Media Relations
- Athletic Equipment Issuance and Return
- Housing
- Parking
- Social Media, Social Networking and Other Forms of Communication

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

### **General:**

1. Be on Time.
2. Be Prepared for Class, Appointments, Practice, Games, Team Events, and Meetings.
3. No Facial Piercings will be allowed during team events including meetings, Practice, Games, Weight room, Conditioning, Team Travel, Team Community Service, Department Meetings, and Team Group Activities.
4. Sliders/Spandex must be worn under all shorts while at practice, weight room, and Training Room.
5. Wear hair accessories (e.g., bows, ribbon, head bands) that are team colors only (i.e., black, red, white, gray). Exceptions will be made for honorary events and causes. The coaching staff will communicate with you in regard to events at which you can wear colors other than black, red, white or gray.
6. Only team colored crew socks may be worn to team events (as listed in item 3 above).
7. No swearing is allowed at team events (as listed in item 3 above).
8. Cell phones must be turned off during any team event (as listed in item 3 above) unless indicated otherwise by the head coach.
9. If you are not yet 21 years old, do not consume alcohol.
10. If you are 21 years old or older, during the fall season, you may not consume alcohol within 48 hours of any practice or game or any team event (as listed in item 3 above).

11. When participating in team competition, practice, strength training, conditioning, and other team activities, you must wear Adidas team athletic apparel and gear as determined by the coaching staff. No other brand, school name, professional athlete image, or the like may be worn. You may not wear apparel from other schools in the RAC or other athletic facilities.
12. No Complaining!

**Practice, Weight room, Conditioning:**

1. Shirts are to be tucked in.
2. Do not use cell phones at any time during Practice, Games, Weight Training and Conditioning.
3. Eat prior to attending all workouts and practices.
4. Bring all equipment required for the activity.
5. Bring a water bottle to stay hydrated.

**Communication:**

1. Please communicate with the Coaching Staff directly if there are any questions, problems, or concerns. Please make this your first choice.  
**We cannot fix or help if we do not know!**
2. If you have any issues with Equipment, please communicate with Coach Rod.
3. The coaching staff has an open door policy. Please do not hesitate to come and talk with any of the coaches. We encourage all communication so that we are the **Best** we can be.
4. We will be utilizing Teamworks and GroupMe for communication throughout the year. These platforms will be used for schedules, announcements, forms, and day-to-day information.
5. Be flexible to changes in schedule.

**Field, Castle, Locker room:**

1. All equipment will be picked up and cleaned up at the end of every day.
2. There is a designated place for all clothes, equipment, and trash.

**Requirements for a varsity letter**

The following requirements must be met to qualify for a varsity letter:

1. Student -Athlete must remain academically eligible throughout the duration of the season.
2. Student Athlete must remain on the roster for the duration of the season.
3. Student-Athlete has not used a redshirt.

## **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.

## **Consequences for Violating Team Rules**

Any violations of Conference rules, NCAA rules, University rules, Student-Athlete Standards and Expectations, and/or Team Rules may result in immediate disciplinary action ranging from an apology to the team, an apology to the administration, suspension from practice(s), suspension from competition(s), community service, reduction or cancellation of scholarship, or suspension or dismissal from the team, subject to the severity of the violation, the discretion of the head coach, and review by 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.