

# **CROSS COUNTRY & TRACK & FIELD TEAM RULES 2019-2020**

*RUTGERS UNIVERSITY CROSS COUNTRY/TRACK & FIELD TEAM  
STUDENT-ATHLETE STANDARDS AND EXPECTATIONS*



## **Team Rules**

Participating in varsity athletics is a privilege - only a small fraction of the total student population of Rutgers are varsity athletes. These Team Rules describe your responsibilities as a member of the Men's and Women's Cross Country/Track and Field team. Every member of the team is required to follow the Team Rules. If any aspect of these rules is unclear to you, it is your responsibility to ask for clarification to ensure you understand what is expected of you.

Failing to follow these Team Rules could: 1) jeopardize your status as a member of the team; 2) result in the reduction or cancellation of your scholarship; 3) negatively affect the well-being and performance of the team; and, 4) harm the reputation of the team, athletic department and the University.

Being a part of the Rutgers Cross Country, Track and Field program is a significant commitment. Please ensure you consider carefully whether you can be proficient in both academics and athletics before committing to be part of this team.

## **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 Compliance
- Sports Medicine and Alcohol and Drugs Education and Testing Policy
- Athletic Communications and Media Relations
- Athletics 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 the Team Rules and will be treated as such.

### **Academic Requirements**

1. Daily attendance at class **is mandatory.**
2. You may not attend practice or lift/conditioning instead of attending class. This is an NCAA violation.
3. Team members traveling to away games will be provided a team travel letter for each class they will not be able to attend.
4. Travel cannot be used as an excuse for not attending class if you are not traveling with the Team.
5. If you must miss class due to illness, you must communicate, prior to the beginning of that class, with our team's trainer or the Sports Medicine office in order to receive written verification that you were too ill to attend class. You must also communicate with our team's academic advisor in advance of missing the class.
6. Academic eligibility must be maintained and is the responsibility of the student-athlete. Failure to do this may result in reduction or cancellation of scholarship money.
7. If you receive tutoring (whether by your request or by assignment to you), you must attend all tutoring appointments. If you cannot attend a tutoring appointment, you must follow the missed tutoring policy found in the "Academic Support Services for Student-Athletes" section of Standards and Expectations. Students will be charged for missing tutoring appointments.
8. If you are required to attend Study Hall and/or academic meetings, you must attend as required.
9. You must meet all academic support deadlines, as outlined in the Standards and Expectations, such as submission of class schedules, weekly updates to advisor, academic meetings with advisor, etc. Any missed academic obligations will be viewed as violations of these team rules and consequences as outlined in this document will apply.
10. Changing your major or transferring to a different college/school within Rutgers can impact your eligibility as well as any academic/merit aid. If you have already selected a major and plan to change it, you must check with the team's academic advisor as well as coaching staff prior to doing so. If you plan to transfer between colleges/schools within Rutgers, you must check with the team's academic advisor as well as coaching staff prior to doing so.
11. All student-athletes are expected to make progress towards graduating in 4 years. Continuing as a member of the program (cross country, indoor and/or outdoor) and/or receiving an athletic scholarship is not guaranteed during a student-athlete's fifth year of enrollment. The decision to continue as a student-athlete within the program and to receive an athletic scholarship in a student-athlete's fifth year of enrollment lies solely with the Head Coach. These determinations

will be made on a case-by-case basis by the Director in consultation with the coaching staff and Sport Administrator.

### **Athletic Requirements**

1. Attendance at practice **is mandatory**. If a practice must be missed, the student-athlete must inform one of the coaches in advance either in person or by telephone. Approval or disapproval of a missed practice will be at the discretion of the coach.

Missing any of the following activities will also be looked at the same as a missed practice: athletic trainer meetings, treatment and weight room. If you are injured, you are still required to attend all practices.

If you must miss a practice or meet due to personal, academic, or medical reasons, you, personally, are expected to inform the Head Coach or your event coach at the track office or via phone, text, email BEFORE the missed event: 732-445-4324 or your event Coach's Cell phone.

The head coach will determine if the excuse provided for being late to practice or lift is valid; if it is determined not to be a valid excuse, the lateness will constitute a violation of the Team Rules.

2. Cell phones will not be permitted at any practice session.
3. If a student-athlete is late for practice without having called his/her coach ahead of being late and/or **without a legitimate excuse**, the student-athlete **will not** be allowed to practice that day and it will count as an unexcused practice.

### **Training Room/ Sports Medicine**

1. You must report all injuries and illnesses to our team's athletic trainer immediately. Even if you think the injury is not significant, it could develop into a significant injury or illness.
2. Student-athletes who cannot attend practice due to injury must be accountable to the team trainer or physical therapist for their rehabilitation and/or alternate training during all missed practices. The event coach, student-athlete and assigned-team trainer will meet to discuss injury and to determine the length and nature of treatment/rehabilitation. Student-athletes are required to attend all practice sessions even when injured unless it is agreed that rehabilitation/treatment will occur during those timeframes.
3. Student-athletes must keep the coaching staff apprised of their progress.
4. Failure to report to the assigned-team trainer on your scheduled day(s) without a valid excuse will be considered an UNEXCUSED absence.
5. You must be on time for any appointment made with our team's athletic trainer and any other member of the Sports Medicine staff. In the event that you will be late or unable to make an

appointment, you must contact our team's athletic trainer or other Sports Medicine staff member as soon as you know that you will be late or will be unable to make an appointment.

6. Our team's athletic trainer or other Sport Medicine staff member, as the case may be, will be solely responsible for determining whether you are late for an appointment.
7. If you are unable to practice due to an injury, you will still be required to attend practices. Physical therapy and/or treatment will be scheduled with the Team's athletic trainer/physical therapist outside of practice and lift times.
8. Except in cases of emergency or upon the approval of the head coach, Sports Medicine and athletic trainer appointments will not be scheduled during class time or during practices.

### **Intramural Programs & Recreational Sports**

Membership and/or participation in any intramural athletic programs or club sports programs **is prohibited**. Athletes are also **prohibited** from playing additional sports recreationally which would potentially put them at risk of injury (e.g., pick-up basketball, flag football, etc.)

### **Social Media**

Use social and digital media responsibly. Use of any type of social or digital media that is offensive, discriminatory or harmful to the reputation of the team, the coaching staff, the Division of Intercollegiate Athletics, our fans, recruits, and/or the University is prohibited. Please refer to the Standards and Expectations for additional information regarding social media do's, don'ts and guidelines.

### **Fraternity/Sorority Membership**

Pledging a fraternity or sorority **is prohibited**. Joining a fraternity or sorority will be cause for immediate removal from the team and cancellation of scholarship, if applicable.

### **Lettering**

Student-athletes who score in the following meets will be eligible to receive a varsity letter: IC4A, NCAA, Big Ten. In order to receive a varsity letter, you must be in good standing with the team throughout the entire season.

Failure to follow team rules can render any student-athlete ineligible for a varsity letter. All letters will be awarded at the discretion of the coach.

### **Equipment/ Gear**

At all practices and competitions, you are required to wear/use team issued apparel/equipment.

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.

## **Social Expectations**

As a member of the men's and women's cross country, track and field teams, you are expected to conduct yourself with honesty, integrity and class. There are certain activities that are prohibited under any circumstances and will be considered violations of team rules:

- Participation in gambling activities, such as providing information to a college student or professional bookies or engaging in any sports wagering. 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 type. 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 charges, etc.).
- Actions considered violations of the University Code of Student Conduct.
- Sexual abuse, sexual harassment, or sexual misconduct of any kind. Please see Standards and Expectations for further information regarding university policy regarding sexual misconduct.
- Not being truthful when questioned by any member of the coaching staff, athletic administration or university faculty or staff.
- Use of tobacco products of any kind is not allowed at any time. It is an NCAA violation to use tobacco products at practices and competitions.
- Use of any illegal drugs or non-prescription drugs (e.g., cocaine, heroin, MDMA, ecstasy, steroids) and use of prescription drugs for which you do not have a prescription (e.g., oxycodone, Adderall) is prohibited.
- The following are prohibited by members of the men's and women's cross country, track and field teams:
  1. Use of alcohol by anyone under the age of 21.
  2. Excessive use of alcohol (as determined by such things as loss of consciousness or illness due to alcohol use).
  3. Use of alcohol by anyone who is expected to or does interact with a recruit.
  4. Use of alcohol at any time or place you are in charge of the coaching staff or at any official Division of Intercollegiate Athletics functions (e.g., any portion of a team trip, team meetings or gatherings, etc.).
  5. Use of alcohol in Division of Intercollegiate Athletics facilities.

Student-athletes will conduct themselves at all times as exemplary representatives of Rutgers, The State University of New Jersey and the Rutgers Track & Field/Cross Country Team while on and off campus. They will abide by the rules, be respectful to all administrators, coaches, teammates, opponents, fellow students and the general public at all times. Not showing respect to these individuals or others is considered behavior detrimental to the welfare of the team and it will not be tolerated.

## **Travel**

- Unless given special permission, all team members will travel to and from competitions with the cross country, track and field team. All team members are required, unless given special permission, to stay for the entire competition. Permission from the coaching staff is needed to travel to and from a competition with parents. **Permission must be requested the week prior to the competition.** If you are provided a special exception to the policy for traveling with the team, the only person who may transport you to or from a competition site is your own parent/legal guardian and you must see your event coach or the head coach when you are leaving the competition site along with your parent/legal guardian.
- If a student-athlete misses the bus, van, etc., he or she is not permitted to travel to the competition on his or her own. Further, the student-athlete will be in violation of the team rules for missing the competition.
- You will adhere to all travel policies.
- You will be given dress codes for some travel which you must follow.
- While in the team's hotel you will obey all curfew times. Once in your hotel room for curfew, you will stay in your hotel room. At all times, only track and field/cross country team members are allowed in team hotel rooms.
- At the competition site you will wear only team issued equipment and uniform.

## **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.

## **Financial Aid/Rutgers University Financial Aid/Outside Aid**

Members of the team must notify the Director of ANY financial aid they receive from Rutgers University or any other outside source(s). If student-athlete desires to accept this financial aid and they also receive any Athletic Financial Aid, then the student-athlete must receive permission from the Head Coach. Any

outside financial aid that counts against the team's NCAA limits that causes the team to exceed the NCAA maximum of scholarships cannot be permitted without an equal reduction of the student's athletic scholarship.

### **Community Service**

Student-athletes must perform community service hours with the Rutgers Leadership Development and Strategic Partnerships.

### **Consequences For Violating Team Rules**


Any violations of Conference, NCAA, University 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 Director, 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 Director. Should such an occasion arise, the Director, in consultation with the administration, will have the discretion to deviate from these Team Rules. In all such circumstances, the Director and/or administrator will document in writing the reasons for such deviation.

### **Contact Information**

Coach Farrell – Cell 732-208-9012  Office 732-445-7831

Coach Mulqueen – Cell 732-921-6737  Office 732-445-7829

Coach Muncan – Cell 732 208-0929

Coach Cocci – Cell 732 864-7288

Coach Tomlinson – Cell 732-208-4790