

2019-20 RUTGERS TENNIS TEAM RULES

Introduction

Participating in varsity athletics is a privilege - only a small fraction of the total student population of Rutgers are varsity athletes. With this privilege comes responsibilities. These Team Rules describe your responsibilities as a member of the tennis team. Every member of the team must 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.

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 Issue 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.

Punctuality

- You must be on time for all Team related activities. “On time” means arriving at an event prepared and ready to begin no later than the appointed start time.
- You will sign in and sign out of activities as required. If no sign-in or sign-out is required the person you report to (for example, our team’s trainer or the physical therapist) will determine whether you are late for your appointment, meeting, etc.
- Team related activities include but are not limited to:
 - Team meetings
 - Practice, training room, conditioning, and weight-lifting sessions
 - Medical appointments
 - Athletic training/physical therapy sessions
 - Meetings with academic advisors, tutors, and mentors, if applicable

- Traveling to and from away games
- Community service projects
- Promotional activities
- Required Rutgers Leadership Academy events

Academic standards

Academic Responsibilities

- Performing your best academically is your first priority and the first priority of the coaching staff.
- Poor academic performance or academic failure can result in athletic ineligibility. If you render yourself academically ineligible at any point in time, your scholarship can be reduced or cancelled and you may be removed from the team.
- You are responsible to ensure you are eligible each semester. Therefore, you must be familiar with your general education and major requirements as well as NCAA eligibility and University rules as outlined in the Standards and Expectations.
- Changing your major can have an impact on your eligibility. If you have already selected a major and plan to change it, you must check with the team's academic advisor as well as the coaching staff prior to doing so.
- You are responsible for following all academic rules and policies included or cited in these Team Rules, the Standards and Expectations, and any academic rules you are made subject to by your instructors, your academic advisor, or the University.
- Academic warnings will be issued to you for not completing academic requirements (e.g., class attendance, completion of study hall, missed tutoring, etc.). If you receive three academic warnings in one semester you will be required to meet with the Executive Director of Academic Support Services for Student-Athletes to discuss your academic performance.

Class Attendance

- You are required to attend all classes.
- You may not attend practice or lift/conditioning instead of attending class. This is an NCAA violation.
- Team members traveling to away games will be provided a team travel letter for each class they will not be able to attend.
 - Travel cannot be used as an excuse for not attending class if you are not traveling with the team.
- 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.

Study Hall and Tutoring

- You must comply with all Study Hall requirements.
- Study Hall hours must be completed by 12noon on Fridays.
- 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 the Standards and Expectations. Students will be charged for missing tutoring appointments.

Athletic Standards

Practice

- You will commit to being prepared and to using your best efforts in all practices.
- All practices begin on time which means you must arrive prepared and ready to begin at the appointed start time.
- Any anticipated lateness or absence from practice must be approved, in advance, by the head coach.
- You must notify the head coach in advance of any anticipated lateness or absence from practice.
- The head coach will determine if the excuse provided for lateness is valid; if it is determined not to be a valid excuse, the lateness will constitute a violation of the Team Rules.
- You must also seek the approval of the head coach to reschedule any training session.

Strength and Conditioning

- You will commit to being prepared and to using your best efforts in all strength and conditioning sessions.
- All strength and conditioning sessions begin on time which means you must arrive prepared and ready to begin at the appointed start time.
- You must notify the team’s strength coach in advance of any anticipated lateness or absence from a lift/conditioning session. The team’s strength coach will determine if the excuse provided is valid. If it is deemed not to be a valid excuse, the lateness/absence may constitute a violation of team rules.

Apparel/Gear

- 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 must wear the current year’s training apparel and issued gear during practice.
- 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.

Travel requirements

When traveling to and from competitive or any other events as a Team you will be interacting with the public. Your actions, statements and appearance will be subject to public scrutiny and

will have an impact not only on you but also on your teammates, the coaching staff, the Athletic Department, our fans, recruits, and the University. Accordingly, whenever traveling with or on behalf of the Team:

- conduct yourself in accordance with the highest standards of integrity, honesty, class and politeness;
- comply with the dress code requirements provided for each trip;
- comply with the curfew set by the coaching staff for the night prior to and during each night of the trip; curfew includes lights out and screens off;
- shut down cell phones and other electronic devices, such as iPads or computers, and do not use them after curfew;
- do not leave the hotel without permission from the coaching staff;
- do not have visitors, including family, in your room;
- keep your hotel room door closed – do not prop the door open at any time;
- return to campus with the team following all away competitions; in rare instances, you may make other arrangements subject to the permission of the head coach.
- cell phones will be put away and on silent during all practices, matches, and while eating team meals.
- all student-athletes, regardless of line-up position, will travel with the required uniforms and equipment unless previously discussed with the coach.

Requirements for a varsity letter

All student-athletes who consistently contribute in practice, are eligible for competition, and remain in good standing with the program will earn a Varsity Letter.

Sports Health Standards

Training Room/Sports Medicine

- Sign in anytime you are in the training room.
- The training room is a place to get treatment or rehab. It is not a place to hang out.
- Follow all posted training room policies and procedures when in the training room.
- Be on time for any appointment made with our team's athletic trainer and any other member of the Sports Medicine staff. You must notify the team's athletic trainer or other Sports Medicine staff member in advance of any anticipated lateness or absence from a scheduled appointment.
- The 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.
- If you are unable to participate in 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.
- 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.

Injuries and illnesses

- 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. Report it!
- If you are injured and unable to practice you are required to execute the rehab plan set by the coaches/trainer/physical therapist on a daily basis; this includes meeting with our team's trainer or other Sports Medicine staff member when scheduled, completing rehab exercises or modified workouts, and keeping the coaching staff advised of your progress.

Social Expectations

In addition to how you act as an athlete, you are expected to make responsible decisions off the field as well, conducting yourself with honesty, integrity and class. There are certain activities that are prohibited under any circumstances and will be considered violations of these team rules, including:

- 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.
- Use of tobacco, including smokeless tobacco.
- Use of any banned substances including use of illegal 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).
 - The Division of Intercollegiate Athletics conducts mandatory drug testing throughout the year.
 - The full Alcohol and Drug Education and Testing Policy may be found in the Standards and Expectations.
- Use of alcohol by anyone under the age of 21.
 - If the coaching staff becomes aware that a student athlete consumes alcohol within 48 hours of a competition, sanctions may be imposed.
- Excessive use of alcohol (as determined by such things as loss of consciousness or illness due to alcohol use).
- Use of alcohol or illegal drugs by anyone who is expected to or does interact with a recruit during a recruiting visit.
- Use of any type of social or digital media that is harmful to the reputation of the team, the coaching staff, the Division of Intercollegiate Athletics, our fans, recruits, and/or the University.
- Not being truthful when questioned by any member of the coaching staff, athletic administration or university faculty or staff.
- 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.).
- Sexual abuse, sexual harassment, or sexual misconduct of any kind. Please see Standards and Expectations for further information regarding university policy regarding sexual misconduct.

Parents

Parents are welcome and encouraged to attend matches and other tennis events, such as team fundraisers. However, the coaching staff will not field phone calls from parents that pertain to line-up position or other tennis related items. It is the student-athletes place to discuss those concerns with the coaching staff. Parents are encouraged to reach out to coaching staff if they have concerns of player well-being, health, etc.

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. 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.