



***Rocks Football
Player Policy
Handbook***

Name

Year of Graduation

Code of Conduct

Student-athletes participating in the Trinity High School Football Program are expected uphold the highest degree of discipline, sportsmanship and academic standing. The football players are expected to represent Trinity High School Football Program in the most positive manner in accordance with school spirit and mutual respect for their opponents. Being a member of the Trinity High School Football Program is a privilege. All who participate should strive to conduct themselves as good citizens and representatives of Trinity High School. Those who have the privilege to participate make sacrifices both as individuals and teammates, the establishment of priorities will assist in achieving team and individual goals.

Disciplinary Policy

Disciplinary actions will be dealt with on an individual basis. Previous actions taken against an individual on the team and in school may be considered when punishment is rendered. Punishments include, but are not limited to the following: extra football specific training, loss of playing time, suspension, and dismissal. Any substantiated drug, alcohol or criminal violations are reasons for automatic dismissal. All disciplinary matters are to be handled by the head coach and coaching staff.

Academic Policy

Academics are a high priority for Trinity High School as well as for the Rocks Football Program. We will have mandatory study hall every Monday and Tuesday for all players, TBD.

Academic Requirements (per Trinity Athletic Manual)

1. Students are expected to maintain passing grades in all subjects. Athletes will be subject to weekly academic eligibility checks in accordance with PIAA regulations. Student/athletes who register failing grades in two subjects will be considered ineligible for athletic participation for one week beginning on Sunday.
2. Students on the Weekly Academic Eligibility List are required to attend 10th Period Study Hall, failure to do so could result in an extension of ineligibility period.
3. Quarter/Semester Failures will result in the following:
2 courses – 15 school days after receipt of report card
3 or more courses 20 school days starting the day after receipt of report card

Hygiene Policy

Players are responsible for cleaning their shoulder pads and helmet. That equipment should be sprayed at a minimum once a week with disinfectant. Players should be dressed in a clean uniform for every practice. Showers are highly recommended after each practice and game.

Multiple Fall Activity Participant

Any player who wishes to participate in football along with another fall extracurricular activity must do the following:

- Must receive approval from both activity heads (coaches, activity director).
- Must also provide in writing that their parents or legal guardian approve of the multiple activity participation.
- Must also declare the main activity that will be their focus.
- Must develop a practice attendance plan and present to each activity head for acceptance.
 - If the practice attendance policy is not agreed to by both activity heads then the player will only participate in their main focus activity.
- Must sign both activity policies and provide copy of each will be provided to each activity head.

Practice Attendance Policy

Practice is imperative for success. Players are expected to be at every practice; however, some legitimate reasons exist for missing practice. Practice absences will be placed in two categories: excused and unexcused absences.

- Excused absences are those for a medical reason with a doctor's note, a court appearance with subpoenas, and a death in the family with a note from a parent or guardian. NOTE; excused absence does require one extra football specific duties per missed practice session.
- Unexcused absences include any other absences not defined above. Note. The head coach may grant an excused absence for extreme circumstances if agreed upon before the missed practice. Consequences unexcused absences:
 - First unexcused absence = 1 quarter playing time, if a multiple sport athlete loss of dressing for game
 - Second unexcused absence = 1 half playing time, if multiple sport athlete loss of dressing for next two games
 - Third unexcused absence = dismissal from team

Practice Attire Policy

No Player, without prior approval, shall wear anything on the practice field that has not been issued by a football coach (practice jersey or pants). Pre-approved exceptions are underwear for practices and games.

Practice Policy

Every player is expected to adhere to the following practice participation policy guidelines:

- Remember: You will play like you Practice!
- Urgency at all times. No walking, run to all your practice periods and all the way to the sideline no matter the situation. We never walk on or off the field.
- When you are not participating, you should be paying attention, not socializing, and distracting players. You should be helping when possible and staying with your position group. Know what is going on at all times
- Go full speed at all times.
- NO PROFANITY
- No Fighting, hassling or trash talking. YOU ARE A TEAM.
- No Player gets on another player if he makes a mistake. Let the coaches' coach. ENCOURAGE and REACH OUT to your teammates.
- Keep your helmets on at all times unless told differently by a coach.
- If you are injured tell your position coach, and he will refer you to the trainer.
- It is not the will to win that matters, but the will to PREPARE to win!

Game Attire Policy

No Player, without prior approval, shall wear anything on the playing field that has not been issued by a football coach. Any clothing, not issued by Trinity Football, that is visible must be approved by coaching staff. Tights worn under game pants must be all white. All cleats must be white. Only all white game socks are to be worn. During October, breast cancer awareness month. Pink items that are acceptable: wristbands, chinstraps, towels, gloves, and mouth pieces. Pink tape for shoes will not be accepted. This policy promotes a team concept not individualism!

Injury Policy

If a player believes he is injured, he should inform his position coach and the position coach will direct him to the trainer. If a coach is not available, the player can go directly to the trainer. We highly recommend that a player go to our trainer to be evaluated before going to a family doctor. If necessary, our athletic trainer will make the necessary recommendations/arrangements to see our sports doctors. Using this process allows us to expedite the very best care for our players.

Injured players are expected to adhere to the specified treatment schedule set forth by the athletic trainer and sports doctor. Failure to do so may result in disciplinary action.

Injured Player Practice Policy

Injured players are to attend every practice and team event just like a normal player unless otherwise approved by the coaching staff. They should wear Rocks Player Gear at practice. During practice, the injured player should pay attention at all times and not be socializing. He should be helping with water, equipment, drill set up, etc. He should also stay with his position group throughout the practice. Injured players may also be tasked with various physical exercises, as approved by athletic trainer, while at practice. No player should have their phones at practice.

Injured Player Game-time Policy

Injured players should be wearing their game jerseys during pre-game and game time activities. They should be assisting with equipment, packing the bus, preparing water, and any other pre-game preparations. During the game, injured players should not be socializing nor distracting those players participating. They should be assisting with any equipment needs and water. After the game, they should be helping with equipment clean up and packing of the bus.

Player Medical Conditions

Players with pre-existing medical conditions must clearly be identified to the trainer and coaches. These include but not limited to:

- Food allergies
- Respiratory Conditions
- Heart Conditions

Playbook Policy

If a player is issued a playbook, he is expected to maintain it in good condition and turn it in at the end of the season. Playbooks are confidential and are not to be shown to any person outside the football program. Any player violating this policy will face disciplinary action issued by staff.

Media/ Social Networking Guidelines for Players

- No Player shall make negative comments during an interview or to a social network (i.e. Twitter, Facebook, Instagram etc.) about the program, opponents and or referees.
- No Player should make any comments or statements pertaining to our program on Pennlive.com.
- Players should give “positive” answers to all media questions

Bus Policy

Players will return to the school on the bus when traveling to away games. Players will not be permitted to ride home with parents, friends etc. Under special circumstances an arrangement must be approved through the athletic department.

Player/Parent Agreement Form

I, _____, my parents _____
_____ have read all the policies/rules I am
required to follow to participate in this football program. I agree to
adhere to all the rules set forth in my Rock Football Player Policy
Handbook and acknowledge by signing this agreement that I and my
parents understand the consequences of not following these
policies/rules.

Player's
Signature _____ Date _____

Parents'
Signatures _____ Date _____