



# TRABUCO HILLS HIGH SCHOOL

## Girls Volleyball Team Rules

### A | Requirements

1. All players must have a current Sports Screening Assessment (physical) on file with the athletic office.
2. All players must be academically and residentially eligible according to the Trabuco Hills Parent I Student Handbook and CIF-Southern Section rules.
3. Blue Books and Emergency cards must be on file before the first contest.

### B | Uniform and Appearance

1. Players may not wear headbands, wristbands, watches, or jewelry of any kind to practices or games. Players should not bring valuables to practices or games.
2. White or black knee pads, White or black ankle high sox (decided by the team), and approved ankle braces are recommended practice equipment.
3. On game day, players will wear their game day attire as decided by each team.
4. Game-day clothing must be kept clean.

### C | Practice Times

1. All three levels will practice Monday through Friday every day. We do not have a game or tournament. This includes days when school is not in session (holidays, faculty in-service days, etc.)
2. Practices are held in the Trabuco Hills High School gym.
3. Practice times will be 2 1/2 to 3 hours for Varsity and 2 to 2 1/2 hours for JV and Freshmen.

### D | Attendance

1. Attendance at all practices and games is mandatory.
2. Students may be excused for illness when their attendance may affect their teammates.
3. Players should not miss practice because of injury. Injured players must report to the coaches daily to report on their progress and observe practice unless excused by the coach.
4. If an athlete is absent from school, she must contact her coach or Coach Moot before 2 pm, or the absence is considered unexcused. Two unexcused absences may be grounds for suspension or dismissal from the team.
5. Detention is not an acceptable excuse for tardiness or missing practice. Missing practice or coming late because of detention will be considered an unexcused absence.
6. Players are expected to be dressed and ready to practice at the appointed time.
7. If players choose to leave campus between the end of school and before practice, they do so without the supervision and responsibility of the Trabuco Hills coaching staff. (See 7th-period waiver in Blue Book)

### E | Responsibility Attitude and Behavior

1. Each player is responsible for their actions and behaviors. We will not accept disloyalty, negative comments, or profanity of any kind.
2. Players will display good sportsmanship and make positive and well-thought-out decisions on and off the court.
3. Taunting or derogatory comments to other teams are strictly forbidden. (CIF rule)
4. Players will refrain from using and or associating with those who use alcohol, tobacco, or other controlled substances.
5. First-time offenses will be grounds for suspension or dismissal.
6. All players share responsibility for school equipment and facilities. Any equipment lost or damaged due to neglect or misuse on the part of a player will be replaced or repaired at the player's expense.
7. Grade checks will be conducted. Each player must carry at least a 2.0 GPA. No more than 1 U in citizenship and no more than 1 F.
8. Players must be enrolled in 5 classes, and the Eligibility Waiver can be used only once.

### F | Team/Locker Room

1. Players will take pride in keeping the Team/Locker Room area clean and secure.
2. Locker combinations are not to be shared with teammates or anyone else.
3. The players alone are responsible for the security of their belongings.

### G | Transportation

1. All players must travel together on the bus to all away games.
2. On the bus, players will remain seated while the bus is in motion.
3. Players will always keep hands, heads, arms, etc., inside the bus.
4. Players will obey the instructions of the bus drivers and coaches on all bus trips.
5. Players will leave the bus clean upon departure.
6. All Players must return from away games with the team (unless an extreme situation is warranted ahead of time).

“ Take pride in your school and make your time here count.

“ Be Responsible for yourself and help hold your teammates accountable.



# TRABUCO HILLS HIGH SCHOOL Girls Volleyball Team Rules

Please sign and return to Coach Moot

Please allow \_\_\_\_\_ to participate in the Trabuco Hills High School Girls Volleyball Program. We have read, understand, and agree to abide by the Girls Volleyball Team Rules and support them.

**Player**

Full Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Parent/Guardian**

Full Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# Go Blue!