

# **WFNB Lady Scotties Basketball Rules**

## **I. Eligibility**

1. Each athlete will be checked on a week to week basis. If any athlete is ruled ineligible that athlete will be required to attend all practices. That athlete will attend games and will sit on the bench during the game.

## **II. Attendance**

1. All practices are required. If an athlete misses any practice time it will have to be made up at the following practice. This will include any time missed for serving detentions or any other after school disciplinary actions from other teachers.
2. If an injury occurs during the season the athlete is required to attend all practices and games to support the team.
3. An unexcused absence from practice will be made up with a running workout at the next practice and will result in a one game suspension. Two unexcused absences will result in removal from the team. **An unexcused absence is any absence without prior communication from the athlete or parent. You may call and leave a message on my home phone, cell phone or send me an email.**

## **III. Conduct**

1. Foul language at practices or a game will not be tolerated. It will be punished during practice.
2. All athletes are required to sit as a group while sitting in the stands.
3. Any athlete receiving a technical foul will be punished with immediate removal from the game without being allowed to return to action in that game, and with sprints at the next practice.
4. Any severe violations such as possession of tobacco, alcohol or drugs will be punished according to the athletic policy.

## **IV. Practices**

1. All athletes are required to wear practice uniforms to every practice. Any practice attended without the uniform will be punished with sprints.
2. A practice schedule for each month will be handed out to each athlete. Practice times will be followed as closely as possible.

## **V. Miscellaneous**

1. All players are expected to ride the bus to the games and from the games unless the parent comes and requests to sign the player out to ride home with them.
2. Players are to follow the dress code set by the coaching staff for away and home games.
3. If any problems arise during the season you may schedule an appointment to meet with the coaches either before or after school or after practice.