



MAVERICK RUGBY

PRIDE – INTEGRITY – COMMITMENT

LCC Rugby Policies, Behavior and Conduct

All Players and Parents are asked to read and discuss the following policies and rules before signing this document.

Players

Be Responsible—Be Committed—Be Respectful

Academics: Academics come first. You must maintain a cumulative 2.0 GPA in order to participate. When asked, you must submit an Aeries print out showing grades for the previous reporting period.

Attendance: There is a strong correlation between practice, fitness, skills development and minimizing the risk of injury, and supporting the team. Attendance will be taken at all practices and games. Once the season starts, you are expected to be on time and attend all practices and all games. If you have a reason you cannot make it, you, personally, are responsible to let the coach and manager know in advance. Sickness, injury, death in the family, and mandatory study sessions/tests for school are acceptable reasons. Tiredness, dates, outside activities, improper planning for homework, etc. - are not acceptable reasons. Players participating in LCC Fall Sports who are in playoffs are automatically excused and not expected to attend until released by your coach. One unexcused absence may result in not playing in the following game. Two excused absences may result in not starting or not playing in the following game. Two unexcused absences may result in not playing in the following two games. Continued absences may result in being excused from the team.

Illegal or Controlled Substances: The use or possession of tobacco (all forms), alcohol, marijuana, other illegal drugs or paraphernalia, or the abuse of prescription or non-prescription drugs, including steroids, will result in removal from the team and notification to school officials.

Physical Contact, Injury, and Concussion: Rugby is a full-on contact sport and, while coaches will at all times teach players proper skill and technique to minimize injury, there does exist a possibility of injury - from minor to severe. Some of the laws of the game are designed to minimize the risk of injury, and a player will play better and safer if he/she knows the laws. Players should report any on field injury to the coach. LCC Rugby follows the SDUHSD guidance on concussion and return to play protocol, which in the event of a concussion requires a mandatory clearance to return to play from a healthcare professional.

Respect: Players should be respectful to: Themselves, Team mates, Coaches, Opponents, Officials, and the Game. Repeated acts of disrespect or unsportsmanlike conduct will not be tolerated. They may result in not starting, not playing, or excusal from the team.

Transportation: Players must ride the bus to and from AWAY games if a bus is scheduled. Departure and arrival will be from/to LCCHS.



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PARENTS/GUARDIANS

You have a responsibility to set an example that students should follow. Remember that students participate in a sport for their development and enjoyment, not yours. Applaud good performance of both teams. Focus on effort and performance and praise them, not winning the game or the score. Set a positive example and do not criticize, belittle, or question the ability of any official, coach or player. Control your emotions. Do not ridicule a student for making a mistake or for being on the losing team. Respect an official's decisions, teach others to do likewise. If you disagree with an official, raise the issue through an appropriate channel, not in public. Show appreciation for coaches, officials, and administrators, for without them, there is no game. If you've played the game, or know the game, be a positive ambassador for the game.

Communication with the Coach: You should expect to receive their coaching philosophy, their expectations of individual athletes and of the team, and information about practices, games, and rules of play. It is appropriate to discuss: a) treatment of your child (mentally or physically), b) ways to help your child improve, c) concerns about your child's behavior or academic problems. It is not appropriate to discuss: a) playing time, b) coaching, c) team strategy, game play, or substitutions, d) another athlete.

Physical Ability to Play, Contact, Injury, and Concussion: I understand that my child must have a medical clearance from a doctor in order to play, and I certify that he/she has had a physical exam within the last year and was cleared to play contact sports. I further understand that rugby is a contact sport and, while coaches will at all times teach players proper skill and technique to minimize injury, there does exist a possibility of injury - from minor to severe. I also understand that LCC Rugby follows SDUHSD guidance on concussion and return to play protocol.