



THE ARC OF CENTRAL PLAINS TEAM RULES

The Athletes will:

Use appropriate language and behavior during practices and all Arc events.

Language Examples- Good Job! Great Play! Way to Go! Nice Shot! Nice Try!
Behavior Examples- Listening when others are talking. Following directions of Coach, Staff, or Parent/Guardian. Telling a coach where you are at all times. Respecting each others property. Smiling, complimenting others, & clapping

Use appropriate touching during practices and all Arc events

Examples- Respecting each others personal space. High five, hand shake

Wear appropriate clothing and shoes for all sporting events.

Examples- Practice: shorts/sweats, t-shirts that cover when stretching, & athletic shoes that don't make marks.
Shorts must be to mid thigh or longer. To and from: **Weather appropriate** – coat when cold

Be allowed to miss only 2 unexcused practices or 3 excused practices per season with a total of 3 missed practices.

Attending the practice before tournament is mandatory. (Special circumstances will be approved by the head coach or the director.) To be excused, you need a good reason & to let your coach know or call The Arc of Central Plains office (785-628-8831 or 785-639-4010).

Drug and Alcohol use is prohibited at all Arc events including practices and activities.

Physicals will be required before anyone can attend practices. To check on the status of a physical you may contact the Arc office at (785-628-8831 or 785-639-4010).

Athletes or their parent/guardian is responsible for notifying the director if they will be attending tournaments.

Notice will be sent out prior to tournaments. If a reply is not received by the deadline then you will not be able to attend the tournament.

For the benefit of the athletes, teams, coaches, and volunteers who give their time, please arrive on time for practices, sporting events, and bus departure times. (No more than 15 minutes early, and sit in bleachers until practice)

Specific rules will apply to each out of town trip. For all trips, athletes are not allowed in opposite sex rooms; coaches must be informed at all times of where athletes are going; and athletes must go in a group of at least two when they are going somewhere. (Not following these specific trip rules will result in parent/guardian being called to come and get athlete and take them home. Once home a meeting with the behavior committee will be required before being allowed to participate in further practices or trips.)

