

Hamilton Husky Football TEAM Rules 2020

Participating in football at Hamilton High School is considered an extension of the regular high school day. While the regular curricular program is a right afforded to each student, participation in football is a *privilege*, and as such, carries certain expectations beyond those found in the normal classroom situation. (Remember, no one is guaranteed playing time. Go into the season **NOT EXPECTING TO PLAY**, but to contribute to the team. Then any time that you get on the field, it is a bonus!)

The benefits of overall physical conditioning, discipline, leadership, teamwork, character development, respect for rules and regulations, not to mention improved academic performance and self esteem are but a few of the desired consequences of participation in the Hamilton football program.

As a representative of Hamilton High School and as a *Hamilton Husky* football player, at school and off campus, this privilege also carries major responsibilities for one's personal conduct and behavior. Carefully read the following passages and discuss them with your parents. If you are unclear or don't understand the following procedures, training rules and expectations, please contact the head football coach for interpretation.

Our Pursuit

- 1. Unity** - the state of being united or joined as a whole.
- 2. Process** - a series of actions or steps taken in order to achieve a particular end.
- 3. Resurgence** - an increase or revival after a period of little activity, popularity, or occurrence.
- 4. Compete** - strive to gain or win something by defeating or establishing superiority over others who are trying to do the same.

Players Expectations of Coaches

We believe players expect us as coaches:

To care about them

To discipline them in a morally, legally, caring way (discipline is not something you do to people, it is something you do for people)

To be there for them when they fall on hard times both on and off the playing field

To be organized as coaches and run the program with efficiency, consistency, fairness, and understanding

To respect them, and not demand their respect, but earn it

To be knowledgeable in many areas of life in order to be able to relate to them in their world

To be a person they can confide in with the utmost trust

To ask nothing of them that we are not willing to give of ourselves (sacrifice, hard work, dedication)

To understand that each one of them, as people and as players, are different and need to be coached and instructed according to their individuality

To give them a foundation for life as adults, to guide them while developing them into productive citizens in society (through wins, losses, successes, and failures)

To push them further than they ever thought they could go

To make them believe in themselves by knowing that we believe in them

To teach them and coach them without embarrassing them in front of their peers

To be role models they can be proud of

Coaches Expectations of Players and Training Rules

Each player will be treated as an individual in regards to any discipline situation. However, any athlete who demonstrates poor behavior not conducive to the spirit of sportsmanship and good citizenship, or is in violation of Chandler Unified School District board policies or the Hamilton student discipline code, may be subject to disciplinary action, including possible exclusion or suspension from the football program.

In order to promote the ideas of good sportsmanship, respect for rules and authority, establishing leadership, team pride, character and teamwork, as well as team and self-discipline. In order to eliminate disruptive influences in the locker room, while training, on the playing field, and on trips both on and off the school grounds. In order to provide conditions, which promote optimum health and safety for the individual, team, and opponents, the following recommended rules and policies are established:

Citizenship/Discipline: Each player represents this team and should exhibit the highest standards of moral integrity, good sportsmanship, character, and citizenship, both as a student in school and as a citizen in the community. Any behavior that violates this principle is not acceptable.

- A. While on campus all team members will abide by all school rules and display conduct becoming a representative of Hamilton High School. He shall demonstrate the utmost respect to administrators, teachers, security, and maintenance personnel at all times. Players will address the above with proper respect.**
- B. Any obscene or vulgar language will not be tolerated at any time.**
- C. We cannot choose your friends, but your attitude towards school, football and life can be affected by with whom you associate. CHOOSE YOUR FRIENDS WISELY.**
- D. Any player ejected from a game will be suspended for the following contest.**

E. Out of School Suspension

In Season

1 day - first half of that game.

2 or more - you will not play that week.

Out of Season - you are excluded from all football related activities during that period of time. Both on and off campus.

10 Day suspension - 1st offense may result in removal from the team.

10 Day Suspension - 2nd offense during the season is removal from the team.

F. In School Suspension

In Season - 1 day will result in a 1 quarter suspension, 2 days will result in a first half suspension, 3 or more will exclude you from participating in that game.

Out of Season - you are excluded from all football related activities during that period of time. Both on and off campus.

G. Emails and other communications from staff

Reinforcement of proper behavior will be conducted with the team.

H. Insubordination/Insolence to a coaching staff/faculty member.

1st Offense - 1 game suspension

2nd Offense - team removal.

Steroids and Controlled Substances:

Members of the Hamilton High School football squad shall not, at any time, use or attempt to use, have in their possession, or aid and abet anyone else to use alcoholic beverages, steroids, or any form of narcotics or controlled substances, unless prescribed by a physician. Possession means having any knowledge of, or any control over, an item. Control includes, but is not limited to having access to an item in a school locker, personal effects, a vehicle, or other place where the item is located. It is not necessary that a student intend to control the item. A student may acquire knowledge of an item visually, by being told about the item, or through other sensory perception. A student's knowledge will be based on the surrounding circumstances, not just the student's statements. For example, "forgetting" that an item is in one's locker, personal effects, or vehicle does not constitute lack of knowledge. Seasons in which athletes are not actively participating, including the summer, are regarded as conditioning periods. Therefore, these training rules are in effect, seven days a week, twelve months a year, whether or not school is in session, for all four years at Hamilton High School.

CUSD Policy for Controlled Substances -

- A. First offense: Suspension for two weeks with the student expected to attend a school approved chemical education program, after which he/she may return to playing status.**
- B. Second offense: The athlete will be dropped from the football program.**

CONSEQUENCES FOR A POSITIVE DRUG OR ALCOHOL TEST

There are no academic consequences for a positive drug or alcohol test. A student with a positive test will continue to attend classes and earn credits toward graduation. However, a positive drug test will result in increasing loss of eligibility for AIA-eligible activities.

Consequences are cumulative for the entire time a student participates in AIA-eligible sports and/or spiritline, which could be four years; there is no "clean slate" at the end of a sports season or school year.

Self-Reporting Option: Any student that has been using drugs or alcohol has the option to self-report. A student who would like to 'self-report'

must report to the site administrator overseeing the RSDT program PRIOR to being chosen for a random drug test. All students who self-report will receive the First Positive Drug or Alcohol Test consequence and will be suspended from all scrimmages, games, performances and competitions, for four weeks, effective from the day the self-report was communicated to the site administrator. The student must attend and fully cooperate in a District-approved substance abuse counseling program. The student's parent/guardian is responsible for all fees associated with the counseling, if any. The student is responsible for maintaining and submitting to the project director all documentation needed to demonstrate the satisfactory completion of the counseling.

First Positive Drug or Alcohol Test:

A) The student may choose to be suspended from all AIA-eligible extra-curricular sports and activities, including practices, scrimmages, games, performances and competitions, for eight weeks, effective from the day the parent is informed that his or her student's drug test is positive.

B) The student may choose to be suspended from all AIA- eligible extra-curricular sports and activities, including scrimmages (practices are permissible), games, performances and competitions, for four weeks, effective from the day the parent is informed that his or her student's drug test is positive AND attend and fully cooperate in at least six district-approved substance abuse counseling sessions of one hour each. The parent is responsible for all fees associated with the counseling, if any. The student is responsible for maintaining and submitting to the district program supervisor all documentation needed to demonstrate the satisfactory completion of the counseling. If a student does not cooperate in the counseling sessions, if he or she is late for any session, or if he or she fails to attend any of the sessions, then the student will revert to Part A of this consequence and start the full eight-week suspension from AIA-eligible sports and activities with no time credited.

Second Positive Drug or Alcohol Test:

The student will lose eligibility for AIA-eligible sports and/or spiritline for one year starting from the date he or she provided the urine specimen that produced the second positive drug or alcohol test. The student may not try out, practice, play, perform or compete in any manner until the one year ineligibility period is over. If the student wants to try out for an AIA-eligible sport or activity following the one-year suspension, the student must submit to and pass a drug test through the designated Testing Company at parent expense.

Third Positive Drug or Alcohol Test: The student will permanently lose eligibility for all AIA-eligible sports and activities for the duration of his or her enrollment in the Chandler Unified School District.

Please Note: The consequences that follow a positive drug or alcohol test will be imposed independently of the rules or regulations for a given sport or spiritline. Team rules or regulations may be more stringent than the consequences outlined above. Accordingly, a student may not be allowed to participate in a sport or spiritline for a designated period of time even after completing drug-testing program consequences, because he or she is also bound by the consequences of violating rules or regulations.

In Season Alcohol or Drug Use

Follow the drug testing rules as stated by CUSD80

Out of Season Alcohol or Drug Use

1st Offense - suspended from Spring Ball and All Football Related Activities

2nd Offense - 1st Offense rule plus the first 4 games of the regular season

3rd Offense - removal from the team for the next season.

Grooming: All athletes will be well groomed.

Clothing during the school day: There are two methods with which others evaluate you as a person, by your actions and by your appearance.

- A. During the school day dress neatly. Dress code applies.**
- B. *Game Days and Dress for Success.* Day before a game - players will wear appropriate team dress (football tie, white dress shirt, black dress pants, dress socks, dress shoes, and a belt). Game Day - the jersey you will wear that night.**

Practice and Game Attire:

- A. All jewelry will be removed during training, practice and competition for safety.**
- B. Players will wear the same practice and game uniforms. This includes socks and shirts.**
- C. Game day towels must match and adhere to NFHS rules.**

Game Days:

- A. Players will not leave the bus or the field of play without permission.**
- B. Players will sit together with their teams during football pep assemblies.**
- C. All varsity players will attend all pregame meetings and meals.**
- D. All players will ride the bus to and from the game.**

Equipment (NIKE Elite Program):

- A. Players are responsible for all equipment signed out to them. The player will pay for any equipment ruined by washing.**

- B. Clothing will be washed and clean for the first practice after game day.**
- C. On game days everything will be cleaned and all equipment will be checked.**
- D. Black/White football cleats, Nike brand.**
- E. Issued socks will only we worn**
- F. Under garments must match the uniform jersey and pants.**
- G. Jerseys must be tucked in.**
- H. Gloves must be Nike brand and match school colors.**
- I. Soft helmets MUST be worn in all 7's events, practices, spring ball practices, and summer events. We want your head protected at all times.**
- J. Mouthpieces are required at all practices and games.**

Lockers:

- A. Players will be assigned one locker for the season.**
- B. The locker will be kept clean and organized at all times. Nothing should be lying at the bottom of your locker.**
- C. The school will provide an athletic lock for the locker. No other lock will be used. Keep valuables locked up at all times.**
- D. Athletes are expected to keep the locker room clean. Coaches will be present in the facility.**
- E. Theft - any theft must be reported, immediately. Stealing from a team member is immediate removal from the team. Use your locks.**

Attendance: A player who has not attended ALL of his classes during the day or dressed out for P.E. (not counting treatment for injury or doctors appointment, etc.) will not dress out for practice or a game. All team members shall be on time to all practices. A player may be dropped from the team for:

- A. Unexcused absence from practice.**
- B. Missing practice or failing to notify coaches prior to absence.**
- C. Excessive tardiness to practice.**

***These Rules apply to injured players as well.**

A player, who misses a practice or scheduled team event, without prior approval or notification of a coach will face disciplinary action that may include the following:

- Removal from the team**
- Suspension from the team/team activities**
- Eliminate playing time**

October Intersession - the October intersession is NOT a vacation for football team members. We will continue to practice and play games. If you miss practice during intersession, they are considered unexcused absences.

Tardies (unexcused)

1st - will not start and may not play at all

2nd - will not play the 1st quarter and may not play at all

Absences (unexcused)

1st - one game suspension

2nd - removal from team

***Vacations are considered unexcused. Be aware of Intersession dates.**

Communication eliminates many problems.

Our TEAM is our FAMILY and you must make a commitment to this TEAM.

5 Week Grades: A player must pass all courses taken to be eligible to participate. Should a student fail, or receive an incomplete in one or more classes, they are ineligible to participate for a minimum of one week. To regain eligibility, the student must be passing all classes during subsequent grade checks and attend the Husky Room every day of that week, no exceptions. A student remains ineligible until all classes report a passing grade. Remember that you are not in school just for football.

Grade checks will be made weekly throughout the year.

Three great rules for great grades:

#1. Always attend class! Far and away the most common reason for a "D" or an "F" grade is missing too many classes, don't screw around. Don't ditch or miss any class for any reason. Plan doctor appointments or any other appointments very carefully. Don't look for an excuse to miss, but take pride in perfect attendance. If you're not feeling well, suck it up and go to class. If you're, really, really sick, stay home, get well and be responsible for getting your homework assignments. If you lounge around and watch TV all day, then cruise around in your car at night, you have made a plan to fail. **Winners prepare to win!**

#2. Always be on time to class and with assignments completed. The second most common reason for bad grades, TARDIES. Don't screw around in the hall. Most teachers dislike giving good grades to someone who is late all the time, no matter how smart that person may be. A teacher is also more apt to give a student extra consideration at grade time, if attendance and tardies have been perfect. The second part to the second rule is; **BE ON TIME WITH ALL ASSIGNMENTS.** Teachers, like coaches, are not interested in excuses. **NO ZEROS IN THE GRADEBOOK.** If you have to stay up past midnight or get up at 4:00 a.m.,

so what. Get it done! If you put it off and play video games or do anything but study, you have made a plan to fail. ***Winners prepare to win!***

#3. Do something Extra!

THE THIRD RULE IS AMAZING.

It's amazing because of the shock value to teachers. Most teachers are just thankful if a student behaves in class and looks halfway attentive. But, here YOU come with something extra! Tell the teacher with sincerity you were really getting into the subject and did some extra work. Don't ask for bonus points, but do ask the teacher to evaluate your extra work. Your teacher will be dazzled. If you are between an "A" or "B" at grade time and you have done extra work on you own, the great majority of teachers will give you the higher grade. Aren't coaches expecting extra efforts from great players and great teams! Well, do it in the classroom, as well. ***Just prepare to win!***

S.L.A.N.T. Sit up, Lean forward, Ask and Answer questions, Nod your head, Track with your eyes

Off-Season Participation: Spring football, 0 and 6th Hour PE, summer weight training, summer football camp, and summer practice are essential for a successful program. Those who do not participate may jeopardize their chances of making the team. All athletes are different and have different commitments; those commitments must be discussed prior to these events with the Head Coach.

- A. All Varsity and J.V. football players must be enrolled in 0 and 6th Hour PE. Exceptions will be made for academic reasons.**
- B. Every player in the football program is encouraged to participate in another sport.**

Weight room attendance is not voluntary. Players are expected to participate when assigned. Unexcused absences may result in the following:

- A. Missing the game**
- B. Suspension from the team and events**
- C. Removal from the team**

Letter Awards: A letter award will be given to all seniors on the Varsity squad who finish the season in good standing as determined by the coaches.

Juniors will letter if they suit up for the Varsity in at least 7 games. Any sophomore or freshman may letter if they suit up for 7 games on the varsity.

All of the above is under the direction of the head football coach. The Head Coach will evaluate attitude and participation of each player at

the end of the season. Do not assume you have lettered until the head coach has notified you.

Football Cautionary Statement

Football is a contact sport and injuries will occur. The coaches working in our program are well-qualified, professional people. Fundamentals related to playing football will continually and repeatedly be emphasized on and off the field. The information contained within this list of rules and procedures is to inform the young men in our football program of the proper techniques to practice for maximum safety in the contact phase of the game.

Pre-Season Preparation: Because football is a contact sport, athletes must condition to prepare themselves for the season. This includes both strength training and aerobic training. It is also important that athletes continue to strength train during their season to help prevent injuries.

In the Locker Room:

- A. Be alert to slippery floors.**
- B. Be alert to changes in floor texture and to elevated thresholds between shower and locker rooms.**
- C. Keep floors free of litter. Place all personal belongings in assigned lockers.**
- D. Close and lock locker doors when away from your assigned locker.**
- E. Keep soap and shampoo in the shower room.**
- F. No horseplay, roughhousing, hazing or initiations. Humiliating a teammate does not build relationships, trust, camaraderie, nor mutual respect.**
- G. Do not wear football shoes in the building or locker room at any time. Exception - Game Day.**

In Season

- A. Water:**
Frequent water breaks will be scheduled during practices, and players should hydrate themselves frequently before and during practice and games.
- B. Weight Room:**
Maintenance strength training procedures will be utilized. Observe all weight room policies for progressions, spotting, and general safety.

Emergencies: Because of the nature of football, some injuries will occur. All injuries must be called to a coach or trainer's attention. Most will be minor and can be managed with basic first aid. However, some may need more intense management and may also require squad members to:

- A. Stop all practices, scrimmages, or drills. DO NOT move the injured player!**
- B. Call the coach to manage the situation if not already at the site.**
- C. Sit or kneel in close proximity and assist by:**
 - 1. Calling for additional assistance.**
 - 2. Bringing aid equipment or supplies to the site.**
 - 3. Keeping onlookers away.**
 - 4. Directing rescue squad to the accident site.**

Football Insurance

Concerning the type of Insurance Coverage you have (school or personal), in order to receive the proper medical treatment for an injury, and also to insure that you (parents) will receive the financial coverage involved in this treatment requires that you as a player comply fully with the following procedures:

- A. Report all injuries to the Head Coach and the School Trainer.**
- B. Do NOT self-diagnose or treat an injury! This is the responsibility of your coach and trainer, and what your insurance coverage is for.**
- C. If the injury is diagnosed by a school authority as requiring professional medical treatment, you may select any licensed physician of your (parent's) choice.**
- D. If you, as a player, do not follow the procedure indicated above and go to a doctor without initially reporting the injury to identified school personnel, or fail to comply with professionally prescribed treatment, you run the high risk of assuming ALL financial costs incurred, as the procedure indicated above for you to follow is required by all insurance companies with which we are familiar with, as qualified for the companies assuming the financial costs involved.**
- E. Finally, you should be aware that almost all-insurance coverage plans have included a specified time limit identified in calendar days in which the official recording of an injury is affected by a designated school official. As a result, an injury that you feel is NOT too serious; hence, fail to follow the specified "report rules" noted above, may as time passes, develop some complication requiring medical treatment. If the identified time limit has elapsed, the prospect of you (parents) receiving financial assistance becomes almost non-existent.**

Hamilton Football Family “Pledge of Commitment”

Participation in the Hamilton High School football program is voluntary in every respect. In order to promote self-discipline, team prestige, adherence to established rules and regulations, and above all, to instill and promote moral integrity and character, each Hamilton football player and parent, must voluntarily accept the “pledge of commitment” that follows. This “pledge of commitment” is a prerequisite to represent Hamilton High School as a *Husky* football player in any officially scheduled competitive game or activity.

- A. This “pledge of commitment” shall be binding from this date of execution throughout the said player’s high school career.**
- B. The player agrees that during this he will at all times, without exception, comply with, and be bound by, all the provisions identified in the training rules and general policies of the Hamilton High School Football program.**
- C. If the player fails to comply with and abide by the aforementioned provisions, training rules, and general policies, the head coach has the right to take such actions as specified in the provisions. The participant agrees to submit himself to the disciplinary action that is identified in the provisions, training rules and general policies of the Hamilton Football program.**
- D. The parent or guardian of the player agrees to help the coach by supporting the rules and integrity of the Hamilton Football program.**
- E. The interscholastic sport of football is a highly competitive team activity. It is played by eleven active playing participants and a squad of additional support players joined together at Hamilton High School as a football team. Football is NOT an individual sport. As a result, the action of any one member individually, has a direct impact on team performance, success, prestige, and moral integrity. Therefore, each participant agrees that as a member of the Hamilton High School football team, he will NOT, at any time, condone, ignore, overlook, or passively accept the non-abidance of this voluntary “pledge of commitment” by any other Hamilton High School football team member.**

Hamilton Football Family “Pledge of Commitment” Acknowledgement

As a head coach, I am aware that there are times when parents have concerns. If you have a concern regarding the program or if I can assist you in anyway, I encourage you to contact me. Please keep in mind high school football is a highly competitive sport and the emphasis does shift from participation to competition. Those players who abide by the rules, work hard, and put our team in the best situation to be successful will see the majority of the action. Obviously, natural ability plays a major part in this selection. We do feel, as a staff, that since we are with our players every day in practice and have the opportunity to see them perform not only in games but also on film and in practice, we are in the best position to evaluate performance and effort. Academic performance and proper demeanor, on and off campus, can play a major part in our evaluation of players. Regardless of how a player begins the season there is always the opportunity to compete for playing time throughout the football season.

Husky Weight Room Incentives

Band of Brothers

All football players who attend 95% of winter workouts will receive a ***Band of Brothers*** wristband.



Goal of Husky Weight Program

- **Provide a championship off-season program.**
- **Build a strong strength base for every player.**
- **Create more explosiveness and athleticism in all athletes.**
- **Increase the work capacity for all players.**

1. Husky Power Club -

*** All players who achieve *3 of the 4 lifts below* and have attended 95% of spring workouts will receive a “Iron Sharpens Iron” t-shirt. This is based on the Winter max in March and the Spring max in May!**

	Bench	Squat	Push Press	Clean
Sophomore	200 +	300 +	225 +	190 +
Junior	225 +	350 +	250 +	225 +
Senior	250 +	375 +	275 +	250 +

The athlete must attend 95% of the weight training sessions AND hit three of the goals for the lifts above.

IMPORTANT: You are considered to be in the grade that you will play in next fall (ie- This year's JV players are Juniors).

2. Band of Brothers –

***All players who attend 95% of the spring weight room sessions will receive a wrist band with the Husky logo and the word, *Band of Brothers* engraved on it.**

3. Poundage Club T Shirts - July Testing Results

1000 pound club

1200 pound club

1400 pound club

4. Mr Hamilton - best 4 lift total from May Testing

5. Mercury Award - fastest football player after the track season.

“It's not what you are capable of, but rather what you are willing to do to be great!”

WIN THE DAY!!

Additional Awards

June Participation

Summer Husky Club - attended 100% of workouts

In Season

John Wrenn Award

100% at practice, never late

Spring Football Rules

- 1. Can not have an F in any class.**
- 2. Must attend 0 hour conditioning or classroom session.**
- 3. You must have a "football" only 3 ring binder.**
- 4. Must wear a padded helmet and wear a mouthpiece.**
- 5. Must wear issued practice jersey - offense light, defense dark.**
- 6. Must wear black shorts.**
- 7. Must wear black/white cleats.**
- 8. ISS/OSS - no practice.**
- 9. No jewelry and follow all NHSFCA rules.**
- 10. No late arrivals for practice/meetings.**
- 11. You must lift 6th hour and complete the entire lift.**

Playoff Rules - Freshman and Sophomores Coming Up For The Playoffs

- 1. It is not a guarantee to play varsity the following year, this is an opportunity to gain football experience and contribute through the scout team.**
- 2. You must be at practice everyday. If you can not be there, you must communicate prior to the absence.**
- 3. Grades are a priority. If you need time for academics, it is not required that you come up for the postseason. If there is a conflict, choose the academics.**
- 4. Not attending practice without communication is an unexcused absence.**
- 5. Any player attaining one unexcused absence will be removed for the postseason.**
- 6. If possible and we have enough uniforms, you will dress and travel for the postseason.**
- 7. If you move into a starting position, you may varsity letter.**
- 8. Any F's at the 5 week grade mark, we will have you focus on your studies and we will collect your equipment.**

2020 Hamilton Husky Football Family

We (the player and the parent/guardian) hereby acknowledge that we have read the training rules and general policies of the Hamilton High School Football program. Therefore, we understand and agree to adhere to the cautions, considerations, and responsibilities, required for participation on the Hamilton High School football team, and hereby “pledge our commitment” to the Hamilton High School football program.

PLAYER _____ **(print name)**

PLAYER _____ **(signature)**

PARENT/GUARDIAN _____ **(print name)**

PARENT/GUARDIAN _____ **(signature)**

DATE _____

