

## 2019 Ephrata Mounts Football Team Rules

### “Win All Day!”

It is our coaching staff’s belief that football games are not won on Friday’s in the fall. You win football games on Friday’s by what you do each day. Whether it be in the classroom, weight room, practice field, at home, and/or in the community. Before we can play for a championship, we need to be committed to **WINNING** each day. Our rules have been established to ensure that this goal is met.

### Ways to keep informed

- Facebook – Search “Ephrata Mountaineers Varsity Football”
- Twitter - @VarsityMountsFB

### Preseason Camp

All players are required by the PIAA to attend the Heat Acclimatization period prior to start of official camp. We will have football Monday through Saturday during the preseason. Players will remain at the school the entire day. We will have two or three practice sessions each day. All practices will be FULL pads (unless otherwise stated by the head coach). After school, each player will either be at a required tutoring session or a weight room session starting at 2:45. In-Season Practice is **MANDATORY** starting Monday August 5<sup>th</sup> and includes SATURDAY practices. Missing practice **WILL** result in a loss of playing time.

### Injured Players

Any player that becomes injured during a practice and/or game should notify their position coach and the Head Coach **IMMEDIATELY**. The coach will then contact the athletic trainer for evaluation. Only the school’s athletic trainer will determine if a player can practice or play in a game. Any player under the care of the athletic trainer should report to the training room **IMMEDIATELY** after school for treatment. All injured players are expected to be present at all practices and games.

### JV Games

The varsity coaching staff will determine which players will participate in the JV game. Players will be notified at our Saturday weight room session who will be playing in the JV game.

### Playing Time

The high school football coaching staff will determine playing time based on the ability and effort put forth by each individual player. If there is a question regarding playing time the **PLAYER** should address the concern with their individual **POSITION** coach. If the issue or question is not resolved, the **PLAYER** should address the concern with the **HEAD COACH**. Playing time will not be discussed with a parent until both steps have been taken.

### Communicating with Coaches

Questions or concerns *not* regarding playing time should be addressed by either the player or the parent with the head coach at an *appropriate* time. The head coach should be contacted via email (kristopher\_miller@easdpa.org) or on the school phone (717-721-1478 ext 19122). The head coach will be available by appointment to address any question or concern. **COACHES ARE NOT AVAILABLE AFTER A GAME TO DISCUSS ANY CONCERNS.**

### **Parents at Practices and Games**

All outdoor practices are open to parents. Any parent wishing to watch practice must do so from the home bleachers. NO parent is permitted to be on the turf before or during any team practice. Parents are not permitted at Saturday practices or in the Wellness Center. **PARENTS ARE NOT PERMITTED TO CONVERSE WITH PLAYERS DURING A GAME.**

### **Equipment**

All required equipment must be worn at all times. No player should alter their equipment. All equipment handed out at the beginning of the year must be returned at the end of the season or when a player leaves the team for any reason. Any player that does not return all their equipment will be placed on the school's obligation list immediately and will be financially responsible for all damages ensued or non-returned equipment.

### **On-Field Behavior**

PLAYERS PLAY, COACHES COACH, and OFFICIALS OFFICIATE. Any action that is not in the best interest of the team and the "Win All Day" philosophy will be grounds for removal from the contest. This includes, but is not limited to: multiple personal foul penalties, unsportsmanlike conduct, throwing ANY piece of equipment, arguing with an official, arguing with a team member, arguing with a coach. **ACCORDING TO PIAA RULES, ANY PLAYER EJECTED FROM A CONTEST WILL NOT BE PERMITTED TO PARTICIPATE IN THE NEXT CONTEST.**

### **Eligibility**

Our coaching staff believes that the athlete's first responsibility is to meet the requirements of the classroom. We follow the school's Academic Eligibility Policy found in the student handbook. All players will have **TWO MANDATORY** study halls after school each week. Each player will be assigned to a high school coach to report to at the end of the day. If the player needs to receive tutoring from another teacher they must check in with their assigned coach first and return with a signed pass from that teacher. **NO PLAYER WILL BE PENALIZED FOR BEING LATE TO PRACTICE IF THEY ARE WITH A TEACHER WORKING ON SCHOOL WORK.**

### **Hazing and Bullying**

Hazing and bullying **WILL NOT** be tolerated by the coaching staff. **ANY PLAYER FOUND TO BE HAZING AND/OR BULLYING A TEAMMATE OR FELLOW STUDENT WILL BE DISMISSED FROM THE TEAM IMMEDIATELY.** If any player witnesses an incident of hazing and/or bullying they should report to a coach immediately.

### **Social Media**

Social media can be a great tool to send and find information, but it also can be a great tool for bullying. Any incidents of bullying and/or hazing on social media will fall under the above guidelines. Social media should not be used to taunt our opponents or speak negatively about our coaches and our players. Social Media is an online Sharpie, anything you post is permanent. **If you question something you are about to post, DO NOT POST IT!!**

### **Interaction with Media**

All players will be permitted to talk with any member of the media. Prior to speaking with a media person you should first let the Head Coach know about the interview. Remember: emphasize the **TEAM** first and never talk negatively about your opponents. We never want to provide any bulletin board material for our opponents.

### **Consequences**

Any violation of the above team rules will result in the following consequences.

- 1<sup>st</sup> offense – Warning and Personal Improvement Program (PIP)
- 2<sup>nd</sup> offense – Player will be benched for the game and PIP
- 3<sup>rd</sup> offense – Player will be Dismissed from the team

\*\*\*Individual cases are subject to discretion of the Head Coach and the Varsity Coaching Staff\*\*\*



I have read the team rules and understand the consequences for any actions that goes against the best interest of the team

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Printed Player Name	Signature	Date
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I have reviewed the team rules with my son or daughter and understand the consequences for their actions.

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Printed Parent/Guardian Name	Signature	Date
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