

2020 Panther Football Rules and Regulations

The intent of our rules and regulations is to take our football program in a positive direction. Our program is dependent on “the disciplined player”. We will only be as good as our commitment to the team and each other. As a TEAM you must commit yourselves to follow these rules and insist that each team member follow them as well.

Football players at Starr’s Mill are expected to follow the standards set forth in this policy. Violation of any of the rules and regulations will result in disciplinary action, suspension, or dismissal according to the severity of the act.

The head coach at his discretion can deny lettering a player for violation of the rules set forth in this policy.

Denial from participating with the team for a period of time to be determined by the Coach, Principal, or school disciplinary policy, may result from the following

1. In-school suspension assignment
2. Out-of-school suspension assignment
3. Insubordination
4. Obscene gestures; swearing
5. Provocation
6. Fighting
7. Stealing
8. Cutting class
9. Detention hall

Practice Procedures

- a. Each player has 20 minutes from the last bell to be dressed and ready for position meetings.
 1. Late for position meetings or practice; additional conditioning, suspension, or dismissal.
 2. There are times when players seek academic help after school. When players do this it can cause a real hardship on coaches and players. We encourage all players to get academic help before school starts during the season.

- b. Missed Practices

Definition: An excused missed practice includes a bona fide sickness, injury, or family death.

Examples: Influenza or illness of this type which usually involves a high body temperature. Parents should call the head coach and confirm the illness. If you are well enough to attend school, the perception is that you are well enough to attend practice. The coaches would question sinus problems or minor sore throats without the elevated body temperature.

Routine eye, doctor, dentist, or orthodontist visits are not excused. It is a good idea to have routine visits for check-ups, dental cleanings, etc., performed before the season starts. We do realize that there will be times when a conflict can arise in getting an appointment. The coaches will always exercise flexibility in working with parents if we know of the conflict in advance.

1st offense – suspended from starting. If a non-starter, suspended for one JV game or does not dress for game.

2nd offense – suspended for 1 game and extra conditioning. Denied the opportunity to letter. Non-starter, suspended for 2 JV games and denied the opportunity to letter.

3rd offense – dismissed from the team

Injuries: Every player is expected to attend all practices and have a plan for rehab. Jason Stevens will coordinate the rehabilitation process throughout the season. Any player with a significant injury will be asked to help with other duties to assist the team. Failure to fulfill this obligation could result in the loss of a letter or other privileges.

Spring Practice

1st offense – dismissed from team

*All players who have played football for Starr’s Mill must re-enter the program through spring football practice. A returning player who skips spring practice is automatically cut from the team. New players who are currently enrolled at SMHS must enter the program through spring practice. The exception would be a student involved in a school sponsored GHSA sport at the same time as spring practice. That student will be able to enter or re-enter the football program in the summer.

Training Rules:

- A. We will follow the FCBOE code athletic code of conduct.
- B. Stealing from a team mate will result in immediate dismissal.

In School Suspension Assignment:

Any player who misses practice because of an ISS assignment is suspended from the game and given extra conditioning the week of the assignment. The player will also be denied the opportunity to letter. The player can appeal to letter through a senior committee for the first ISS assignment. There will be no appeal for the second ISS assignment. The third ISS assignment will result in dismissal from the team with no appeal possible.

Out of School Suspension Assignment:

Any player assigned OSS is automatically dismissed from the team and denied the opportunity to letter. The player can appeal to be re-instated and letter through the player committee for the first offense. The second offense (OSS or ISS) will result in that player being dismissed from the team with no further appeals possible.

Miscellaneous Rules continued: Suspension or dismissal according to severity.

A. Uniforms

All athletes are expected to blend with their teams and not bring attention to themselves by means other than their playing ability. There will be no uniform adornments other than basic sweatbands in school colors. All players will be instructed as to how to properly wear the uniform.

1. No jewelry with the uniform (GHSA standards).
2. Towels can be worn with the uniform if the player is a skill player who handles the ball. The towel must be solid white (GHSA standards).
3. White socks (no booties; socks must be a minimum of 3 inches above the top of the shoes). No black tape on the socks.
4. Team shoes. A team shoe will be worn by all players unless there is a medical reason to deviate from the approved shoe.
5. Full length black tights can be worn when the game time temperature drops below 40 degrees. They must be solid black. White socks must be worn over the tights.
6. No knots in the jersey
7. No streamers hanging from the belt.
8. Jerseys must be not be tucked up under shoulder pads (GHSA standards).
9. Practice shorts and shirts will be worn on Thursday practices. You are responsible for being in team dress. Extra conditioning will be assigned to

those players out of uniform. A second offense will result in suspension from starting the game. We all have a responsibility to look like a team.

B. Personal Appearance

Football players are expected to use good judgement with dress and personal appearance.

C. Misrepresentation of the team by association with a group

Football players are a reflection of our athletic department. If an athlete is associating with a group known to engage in behavior detrimental to athletic competition, suspension or dismissal from the team will be the result.

D. Lack of effort, lack of interest, poor attitude:

Participation in athletics at the Starr's Mill is a privilege and not a right. We will always encourage participation, but this participation must be quality. Negative or apathetic attitudes have no place on a team and will result in eventual dismissal from the team.

E. Sideline Manners

All players are expected to conduct themselves properly during contests. Never make comments to or about your opponents. Never make comments to or about officials. Gestures intended to excite the crowd and bring personal attention to the athlete will not be tolerated.

1. Helmets are to stay on the head unless you have an injury, which requires taking the helmet off.
2. Never make gestures to or talk to the fans.
3. Parents are not allowed on the sidelines unless they are helping in an official capacity.
4. Keep your eyes on the field and your mind on the game.

F. Post Game: Line up and shake hands with opponents. Be humble in victory and never make excuses for the losses. The post game talk will include the entire team and all other interested parties. Instructions will be given for the weekend and for future dates and events on our schedule.

Player and parent must sign:

2020 Player Contract

I _____ (player), have read the 2020

Panther Rules and Regulations. I understand the consequences should I violate any part of this policy. When I become a member of Panther Football I agree to abide by all the guidelines set forth in this policy.

(Player signature) (Date)

(Parent signature) (Date)

2020 Football Information

Spring Practice: Spring is very informal and a time to experiment with position changes and new schemes. Please allow us to get through 10 days of practice before you start drawing conclusions. May

Scout Teams: Each year our 10th grade class becomes our scout team. Every senior on our team at one time was a scout team member. Part of the job of a 10th grader is to help the varsity get ready to play on Friday. We will prepare our JV as much as possible for their games; however, varsity preparation takes priority over JV. The JV team is an extension of the varsity and not a separate team. Please do not treat them as such.

Summer Camps: We encourage players to attend individual summer camps to enhance skills and showcase their talent. There are many different types of camps that a young man can attend. Most are 4 day overnight camps that work all positions. Many Division I schools have gone to a 1 day camp primarily to evaluate talent. This 1-day camp would be for those players who have a legitimate shot at playing Division I football.

Booster Club Involvement: I want to encourage you to be active and support our program through your involvement in our TD Club. We need your help.

Fund Raisers: Each player will be asked to participate in the selling of discount cards and other fund raising opportunities.

Practice: Parents are welcome to watch practice as a general rule. We reserve the right to close practice for the benefit of the program. I do ask that you stay off the field. Please do not confront coaches after practice. We generally watch a practice tape and set the schedule for the next day. A quick question is fine. If you desire a conference, please call during school hours and set up a conference.

Complaints: If you have a complaint, please do not call any of our coaches at home. They work late hours and would like to see their kids and visit with their families. If you have a complaint about playing time, I encourage the athlete to go to his position coach and discuss it first. If, after the player conference, he is still dissatisfied, you can set up a conference with the Head Coach. If your complaint is about playing time, the end result is almost always 100% a difference of opinion.

Recruiting: We will always encourage our players to aspire to play college football. College players make our program look good. Players who express an interest to play college ball will be put on recruiting questionnaires. I will caution you to be realistic about your son's ability. Understand that the colleges will get a character reference from the head coach, but they will offer the scholarship based on a great deal of film study and testing at camps and combines. Please register at the NCAA clearinghouse web-site if you desire for your son to be recruited. www.eligibilitycenter.org

“With Tradition Comes Responsibility!”

Banquets: The following awards will be given

1. **MVP Offense** – Most impact on offense.
2. **MVP Defense** – Most impact on defense

3. **Offensive Scout Team player of the Year** – Great effort all year helping the defense to get ready. Will go to a JV player.
4. **Defensive Scout Team player of the Year** – Great effort all year helping the offense to get ready. Will go to a JV player.
5. **Academic Award** – Offensive or Defensive Starter with the highest GPA. (Must be a starter)
6. **Iron Panther** – Player who makes the greatest gains and gives great effort in the weight room.
7. **Golden Helmet** – Presented by Coke to the starter who exemplifies Team before self characteristics.
8. **Captains' Plaques**

We will also recognize All Region and All State Players.

We do reserve the right to modify the award system based on each specific season.

Insurance – Each player must show proof of coverage or purchase school accident insurance.