



Columbia Football Rules & Policies



Excused vs. Unexcused absence from practice Football is a game of repetition, you must be at practice to get the repetitions you need to be successful.

Excused = Notifying the head coach, *at least one day prior* to missing practice.

1. Doctor/Dentist appointment that absolutely cannot be scheduled at a different time.
2. Funeral
3. Etc. Check with a coach if in doubt
 - A player with any absence will be required to make up his missed day with extra work at the next practice that he attends.
 - Playing time may or may not be reduced for an excused absence. Coach's discretion – depending on the reason, day of the week, & number of occurrences of missed practices.

*** If a player goes home from school sick, he must call his head coach (JV or Varsity) to let them know by **noon** that day. Telling another player to tell a coach is not acceptable & will count as an unexcused absence.

*** Parents: Please try to make doctor & dentist appointments or other conflicts to our practices at times other than weekdays after school. (Practice is normally over by 6:00)

***Parents: Please emphasize practice attendance & punctuality; it will greatly improve our team & your son's future.

Unexcused = Any absence in which a coach has not been notified 24 hours in advance before the absence occurred, or if he tells a teammate to tell a coach that he is not going to be at practice.

1. Haircuts
2. Cedar Point trips/school clothes shopping
3. Any other excuses!!!
 - Playing time & "starting" status for the game will be the coach's discretion. Most likely it will be reduced or taken away!
 - In the case of an emergency, it is the player's responsibility to personally contact the coach & explain the reason why the absence occurred. The coach will then use his discretion as whether it is excused or not.

***One unexcused absence will result in making up the session that was missed.

*** Two unexcused absences will result in not playing in the 1st half of the next game. (Extra practice work will be required.)

*** Three unexcused absences will result in a one game suspension. (Extra practice work will be required.)

*** Four practices will result in the dismissal from the team.

Discipline, Commitment, Sacrifice, Teamwork

These are words & concepts that are absolute necessary qualities & requirements of a successful football player, team, & program.

PUNCTUALITY: It is very important to us that all of our players are on time every day. If practice starts at 2:50, we would like the players to be dressed & ready by 2:40.

- For every 15 minutes tardy, the player will have 100 yards of whistle sprints. The first minute of practice counts as 15 minutes. (16 minutes is another set of sprints designated by the coach.)

INJURED PLAYERS: Injured players will be required to attend practice & to learn & keep up with the team with the mental preparation.

- An injured player who does no practice Monday, Tuesday, Wednesday will not be allowed to dress for the upcoming game.
- An injured player who is able to practice by Wednesday & has been at practice on the previous days will be allowed to play. However, this player will not be allowed to start on Offense or Defense. The amount of playing time will be at the coach's discretion.
- An injury does not excuse the player from the attendance policy.

*** If a doctor is holding an athlete out of playing, the head coach MUST have a note from the doctor.
 ***If the player is released by the doctor the head coach MUST have a note. (Following the policy, the player must be released by practice time on Wednesday. A Friday release will not be acceptable.

DRUG, TOBACCO & ALCOHOL PUNISHMENTS: For a player to reach their maximum potential they must avoid drugs, tobacco & alcohol. The school policy states that the 1st offense will result in a four game suspension. We will follow the school administration & board policy on all Drug, Tobacco & Alcohol issues in the off season & during the current football season. NO EXCEPTIONS!!!

ATTITUDE: Attitude is everything when it comes to football, so we will have very strict rules about how our players are to behave on & off the field.

1. Language- The 1st time that a player swears he will be warned. The 2nd offense will result in 25 push ups. The 3rd time will result in extra running. The F word is not acceptable – immediate conditioning when it is used.
2. Work Ethic- If a player is not working as hard as they should be they will have a meeting with the head coach. If this does not improve the problem, punishment will result at the Captain's or head coach's discretion (stay on the team or not).
3. Unsportsmanlike Conduct- Coach's discretion, the player most likely will most likely be removed from the practice or game, & possibly not return.
4. Disrespecting a coach/school employee- Will have extra conditioning & could potentially miss some playing time.
5. Etiquette – Our players will always show respect to everyone they deal with during the season. We would like to hear a lot of “Yes sirs”, “Please's”, “Thank you's”. A player is

never to call a coach by his first or last name. The coach should always be addressed as “Coach _____”, or “Mr. _____”. If this becomes excessive, they will do 20 push-ups every time this occurs.

EQUIPMENT: A player should be on the field every day fully equipped for a full contact football practice. **THIS WILL BE STRICTLY ENFORCED!!!**

1. Equipment left at home. The player must go home & get their equipment. If they are late getting back, the Tardy Policy will be in effect. If equipment is lost they will run & potentially pay for the lost equipment.
2. Equipment left out. The player will have to do push ups to “pay” the coaches to get the equipment back.
3. Equipment not returned will result in the paying of money, or the school will hold your grades.

GAME DAY DRESS CODE: We will wear out game jerseys on game day. Khaki pants or shorts are acceptable. **NO JEANS!!!**

***Failure to wear the proper clothing will result in the player doing extra conditioning on Monday.

*** Failure to wear the proper clothing the 2nd time the player will miss some game time.

*** Failure to wear the proper clothing on the 3rd time will result in extra conditioning, & will miss at least the 1st half of the next game.

GRADE ELIGIBILITY: We feel that there is no reason for any student to fail any class. If the athlete is in trouble academically, a coach will be more than willing to help or find a teammate that is willing to help.

***Our school does a good job contacting the coaches about eligibility; we will follow the school policy for eligibility.

***Basic rules:

- Warning= two D’s or one F in any class.
- Two weeks on the warning = ineligible.
- Two consecutive weeks with an F in the same class = ineligible
- Three consecutive weeks as an ineligible player due to grades will result in dismissal from the football team.

PHYSICALS: All physical forms should be turned in by Aug. 11th or the official start date of football. If there is a problem let a coach know. Please schedule physicals so that they do not interfere with practice. If the physical form is not turned in the player will not be aloud to practice.

SEE ATTENDANCE POLICY