**Manasquan Field Hockey Rules and Regulations**

**1.) Practice and Games:** All players are expected to attend every practice and every game.  If you cannot attend a practice or a game, you must contact the coach prior to your absence. Please provide a parental note.  If you are absent from school, prior notice is not necessary. If you need to stay after school for extra help or a meeting, then a pass signed by the teacher or advisor is needed and must be handed in to the coach.

**2.) Team Traveling and Bus Policy:** Every player is expected to travel on the team bus to and from all away games.  If a family or school function necessitates you traveling from an away site with an adult, proper school procedures must be followed. You can find a copy of the Travel Release Form on the field hockey web page that can be printed out.

**3.) Promptness:** All players must be prompt for practice and games.  That means on the field ready to start, with ALL NECESSARY EQUIPMENT.  In the case of an away game, you must be dressed and ready when the bus arrives.

**4.) Be Prepared for ALL Team Activities:** Take care of your equipment and have everything with you that you will need for practices and games. Always be prepared for outdoor and indoor practices. Keep sweatshirt and sweatpants with you when the weather changes. It gets cold. No Jewelry will be worn at practice or in games.

**5.) Attendance:** Players must be present in school to participate in practices or games. If you are late on a game day, you must sign into school no later than 8:55 a.m. to be eligible to play.

**6.)  Uniforms and Equipment:** Players are responsible for the uniform and equipment issued by the school. The cost of any items missing or damaged at the conclusion of the season is the responsibility of the player.

**7.) Sportsmanship:** We represent the Manasquan school district.   You are expected to lead by example as student‐athletes and proudly represent our school and athletic department.  We will have respect for all teammates, coaches, officials, and opponents. You are expected to follow all school guidelines regarding academic eligibility and conduct.

8.) **Playing Time:**  As stated in the Parent Handbook, “Playing time will be the sole decision of the coach. While parents have the best interest of their child in mind, it is the job of the coach to be concerned with what is best for the team and program. At the high school level, there are no playing time guarantees. Coaches will inform student/athletes of their roles on the team and how that will affect playing time. Coaches will also provide students/athletes with suggestions on how to improve and feedback on where they stand. Any questions regarding playing time should come from the player and should be directed to his/her coach. School officials will not discuss playing time issues with parents.”

**Make us proud! Warrior Pride!**

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 I fully understand and agree to follow all team rules.

 **Athlete**

 Print Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athlete Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Parent**

 Print Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_