

Carlisle Girls' Soccer Standing Rules/Guidelines

The standing rules are provided as a guideline for prospective or chosen members of the Carlisle High School Soccer Program including the Varsity, Junior Varsity, Middle School teams and their parents.

These rules are not distributed with the intent to nag or be rule crazy, simply to provide feedback on numerous scenarios and actions that we have encountered over the years.

This gives all of us a foundation to work from.

Summary: CGS players are expected to:

1. Be early and on time and attend all CGS practices, games, and events.
2. Be early and on time and attend school daily.
3. Be honest and consistent in communicating with the coaching staff and vice versa.
4. Study and pursue high academic standards.
5. Demonstrate exemplary behavior both on and off the field.
6. Strive to excel on the practice and game field.
7. Be good stewards of the equipment issued and available.
8. Show good sportsmanship during practice and game play.
9. Report all injuries to the CHS training and coaching staff.

PRACTICE/PRACTICE TARDINESS/GAMES:

The coaching staff will establish practice time. Athletes are required to attend all scheduled tryout dates, practices, and games. There are **few** exceptions.

1. **PRESEASON – From the official start date until the first game:** All candidates for the Middle School Junior Varsity and Varsity are required to **attend** or participate in **each** scheduled practice/scrimmage to be eligible for the first game.
2. **If a candidate that makes the final roster missed a practice/scrimmage during this period for other than an emergency, illness, or school-related /academic or educational obligation (excused absence),** the player forfeits the opportunity **at a minimum** to start and play in the first half of the first game.
3. **If the absence involves more than one practice,** an appropriate forfeiture of playing time will be determined. Players have the responsibility to discuss their situation with the coaches involved prior to or during the tryout period. (This is a decision made by the player to choose another activity that conflict with the school soccer schedule.) PIAA requires at a minimum of fourteen weekdays between the first day a team is allowed to practice to the first scheduled game. Using that same logic, a player must participate in or have an approved excuse from the prescribed number of practices and tryout days scheduled for preseason prior to the first scheduled game before they can play in a regular scheduled game.
4. **REGULAR SEASON – From the first game until the banquet:** A missed practice/game **must** be discussed with the coaching staff **prior** to the absence. At that time, the missed practice/game will be determined excused or unexcused. If the missed practice/game is not pre-arranged, it is automatically unexcused, except for illness or emergency. Generally, an excused absence is school-related academic, athletic, or educational obligation, an illness, or an emergency. It also could be a school related athletic event previously discussed with the Head Coach. An **unexcused absence on the day prior** to a game will result in at a minimum the athlete not playing in the first half of the game. An **excused absence on the day prior** to a game will result in the athlete not starting the game.
5. **Additional guidelines follow:**
 - a. **The first unexcused absence** (game or practice) will require suspension from at a minimum –the first half of the next game. If the first unexcused absence involves more than one practice, an appropriate suspension for an appropriate time, including match play will be assigned.
 - b. **Second unexcused absence** can result in team dismissal.

- c. It is the **player's responsibility** to ensure the coaching staff is informed that she will miss practice or a game prior to 1:30 pm of the day of absence. Text: 717-385-7857.
6. **Planned absences during the season, including the tryout period**, must be communicated to and discussed with the coaching staff prior to team selection. Vacations should not be planned during the season. Intention of participating in another sport (interscholastic or club), school activity, or athletic tournament during the soccer season must be discussed prior to team selection. If these situations develop, the choices the athlete and parent make, and the period of time involved will determine if the player can remain on the team and the amount of playing time forfeited. This should not be viewed as punishment, but as simply "owning" the decisions made. Guidelines detailed in paragraph 1 apply.
7. **Unexcused tardiness** for practice or a game includes detention, socializing, teachers' meetings because of misbehavior, and "home visits" prior to practice. Consequences will be handled on a case-to-case basis.
8. **Excused tardiness** for practice must be prearranged with the coach and accompanied by a signed note from a parent, doctor, teacher, etc...
9. **Situations do develop where team members must ride home from away games with their parents/guardians.** This will not be a common practice. A waiver/note must be forwarded to the Carlisle Athletic Director (nullg@carliseschools.org) 24 hours before the event for approval. He will then notify the coach if approved. No one will be allowed to ride with other than school-related transportation without a signed waiver/note and approval from the Carlisle Athletic Director.
10. **Unforeseen or special circumstances** may happen applicable to the general situations above and will be handled individually by the coaching staff and athletic department.

SCHOOL ABSENTEEISM/TARDINESS:

1. **School absenteeism** – participation in practice or game on that day is disallowed. There are special circumstances (ex. school-related trips). Current school policy will apply in those situations.
2. **School tardiness** – the athlete:
 - a. HS: Must be in school by 10:30 a.m. MS: Must be in school by 10:15 a.m.
 - b. Must contact the coach telling him that she will be late for school and the reason.
 - c. If not in school by 10:15 a.m. (MS) or 10:30 a.m. (HS), the athlete is considered absent for the day and cannot participate in practice or the game on that day, unless the tardiness is pre-arranged.
3. **To compete in a scheduled Saturday or vacation day game or practice**, the student must have attended school the previous full day or have a written excuse verifying legal absence signed by a parent or guardian.
4. **Night/away games are not** a valid excuse for school tardiness or absenteeism the following day.

ACADEMICS:

1. **Academics are considered priority.** Interscholastic soccer is a privilege.
2. **According to the current Code of Conduct for Carlisle Area School District Students Participating in Extra-Curricular Activities** for the student athlete to be eligible to participate in interscholastic athletic competition, he or she must be passing their five (5) major classes.
3. **In addition, students who are carrying two (2) minor subjects must be passing at least one of these subjects.** If deemed ineligible, academic cases will be handled as outlined in the Code of Conduct for Carlisle Area School District Students Participating in Extra-Curricular Activities, which is distributed for signature prior to the season.

CONDUCT:

1. **Smoking, drug use (non-prescribed), and consumption of alcoholic beverages are prohibited** on and off school grounds. Specific cases discovered or reported to the coaching staff will be handled as outlined in the Code of Conduct for Carlisle Area School District Students Participating in Extra-Curricular Activities, which is distributed for signature prior to the season.
2. **Rumors or third-party conversation** accusing or suggesting that a team member broke team rules will be discussed with the identified members. Appropriate procedure will follow depending on the outcome of those discussions.
3. **Any other inappropriate behavior** whether during school hours, at practice, in the training room, or at the games will be reviewed on an individual basis by the coaching staff.
4. **If a player receives In-School Suspension**, they forfeit their opportunity to participate in game play on the days they serve the suspension, as well as five days immediately following the infraction. Section I Due Process 3. B. 1 of the Code of Conduct for Carlisle Area School District Students Participating in Extra-Curricular Activities applies. They are also suspended from the first half of first game, they return to the team. They may practice at the discretion of the coaching staff.
5. **If a player receives a second In-School Suspension**, they automatically forfeit their opportunity to be a member of the team. Code of Conduct for Carlisle Area School District Students Participating in Extra-Curricular Activities applies.
6. **If a player receives Out- of -School Suspension**, they forfeit their opportunity to participate in game play on the days they serve the suspension, as well as five days immediately following the infraction. Section I Due Process 3. B. 1 of the Code of Conduct for Carlisle Area School District Students Participating in Extra-Curricular Activities applies. They are also suspended from the first half of first game, they return to the team. They may practice at the discretion of the coaching staff upon return from serving the suspension.
7. **If a player receives a second Out-of-School Suspension**, they automatically forfeit their opportunity to be a member of the team. Code of Conduct for Carlisle Area School District Students Participating in Extra-Curricular Activities applies.

PLAYING TIME:

1. **The Head Varsity Coach will discuss playing time with each coach at all levels** prior to the start of the season. The coaches will play individuals based on several factors inherent to the game at hand. Players are not guaranteed a certain amount of playing time for each game at any level.
2. **Playing time is dependent on** attendance, attitude, work ethic, ability, skill level, team chemistry, and competitive nature of the game.
3. **Players/Parents agree to follow the protocol for communication** between athletes/parents and coaches outlined in the CHS AD, Mr. George Null's memo dtd 18 October 2013.

EQUIPMENT:

1. **Inappropriate and "forgotten" practice gear (including shin guards)**, and delinquent paperwork will be handled on a case-to-case basis.
2. **Appropriate indoor shoes and practice gear must be on-hand** in case of inclement weather or a cancelled/postponed game.
3. **Good stewardship is expected. Issued equipment is a responsibility.** Destroyed or lost equipment must be compensated for at the end of the season.

YELLOW / RED CARDS:

1. **The receipt of a yellow or red card is not considered** a “badge of honor” within the Carlisle Soccer Program.
2. **The PIAA rules require that the yellow card offender be removed** from the game immediately and she must sit out for five consecutive minutes.
3. **Two yellow cards equal a red card and as a result the player will be removed from the game.** The player is not required by P.I.A.A or the Mid-Penn Conference to sit out the next game. The coaching staff reserves the right to suspend a player from the next game or allow the player to play.
4. **Red cards require a one game suspension**, mandated by the P.I.A.A. and Mid-Penn Conference supported by the Carlisle Athletic Dept. and coaching staff.
5. **The coaching staff reserves the right** to add to the suspension depending on the circumstances surrounding the issue of the yellow or red card.

INJURY / TRAINING ROOM:

1. **All injuries must be reported to the trainer and coach**, regardless of how minor.
2. **The athlete should follow the treatment and rehabilitation guidelines set by the trainer** and school –approved physician.
3. **Once under the care of the Carlisle School Trainer or school-approved physician**, you must have their permission/approval before returning to or participating in a practice/game.
4. **If a professional other than the school-approved trainer or physician is used**, a note must be provided to the Carlisle Trainer and the appropriate coach stating the athlete has been approved for participation.
5. **The training room is off limits to anyone not injured.** Furthermore, those that are being treated must be in and out in a timely manner.

Please contact the Varsity Head Coach, Greg Clippinger with any questions:

(C) 717-385-7857

School E-mail address is clippingerg@carliseschools.org.

At least one parent/guardian and the participant must sign the standing rules/guidelines prior to selection to the team.

The signature of one parent or guardian will represent all adults/guardians responsible for the athlete.

After all parties have read and understood that these are the CGS guidelines that are/will be in place for the current interscholastic soccer season beginning with the first mandatory tryout/practice day until the last scheduled activity (season ending banquet/uniform turn-in/exit interview), please sign below and return by the date designated.

The Carlisle Soccer Coaching Staff

Athlete	Date
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Parent/Guardian	Date
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Parent/Guardian	Date
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