

Mira Costa High School Boys' Basketball General Rules and Code of Conduct

Practice Rules

- A. Players are to be at practice on time and plan for fifteen minutes of warm-down after practice. Players are to be taped, stretched, and ready to go full speed at starting time.
- B. If a player is in school and, for whatever reason, needs to leave school and miss practice, he may do so only with the approval of his coach or another program coach. If he fails to do so, his absence will be considered unexcused.
- C. If a player has an unexcused absence, he will be suspended for one game. If this occurs again, he may be dismissed from the program.
- D. All scheduled regular season practices are mandatory. Avoid scheduling appointments during these dates.
- E. If injured or sick, a player must get treatment and/or recommendations for participation from the trainer prior to practice, or a doctor's note if applicable.
- F. If at practice, while injured or sick, player is to be dressed and participate as much as possible.

Proper Dress and General Appearance

- A. Practice: The team practice uniform includes Mira Costa practice jersey and shorts, jock strap, two pairs of white socks, basketball shoes, and any necessary tape or wraps. No jewelry of any type is allowed.
- B. Games: Game polo shirts, slacks, and dress shoes are mandatory at school and at game site for players to participate in the game that day.
- C. Hair: Not to go beyond the collar in back or fall into the eyes.
- D. No visible tattoos!

General Conduct

- A. Locker room: No running, yelling, or horseplay allowed.
- B. Language: Profanity will not be tolerated.
- C. Games: Unsportsmanlike conduct will not be tolerated at any time. This includes fighting, taunting, or excessive celebration. Players are never to leave the bench to get involved in a fight or get involved in "breaking up" a fight. If a player receives a technical foul for unsportsmanlike conduct, he will be benched for the remainder of that game and is subject to suspension for the following game.

Training Rules

- A. We would like each player to follow a proper diet. Each player should supplement his diet with adequate rest, a wise curfew, and proper hygiene habits. During the flu season, each boy should bring a towel and towel off or shower after all activities. We strongly recommend that each boy consume plenty of water before, during, and after activities.
- B. Players should not use tobacco, drugs, or alcohol at any time. **USE OF, POSSESSION OF, OR BEING UNDER THE INFLUENCE OF SUCH DRUGS AT ANY TIME DURING THE SEASON, WILL RESULT IN DISMISSAL FROM THE PROGRAM.** If there is any indication that a player is in violation of this rule, there will be an immediate investigation.

Outside Participation

- A. It is illegal for a boy to participate in a sport in season on a team outside of the school. While we encourage participation in varying activities during our season of sport, we strongly discourage participation in another sport. Any boy who misses any team activity for an outside team in another sport will be in danger of being dismissed from the team.