



Oro Valley Lacrosse Club

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OVLC General Team Rules

1. Practice starts at designated start time, gear on! Field will generally be available prior to start of practice.
2. Zero tolerance for tobacco, drug or alcohol use by any player. ANY infraction will result in immediate suspension from the team for the remainder of the season.
3. No back talk to coaches, parents, officials, or any people on the field that are not affiliated with the team (example: soccer/baseball folks)
4. All players must be fully equipped for every practice and wear all equipment at all times unless otherwise instructed.
5. No foul language. Be respectful of yourself, your teammates and the coaches.
6. No outward display, visual or verbal, of poor attitude.
7. Any indication of abuse towards a teammate, verbal or otherwise, during games or practices will result in ejection from game(s) and/or practice(s).
SUPPORT YOUR TEAMMATES!
8. Practice and playing time:
 - a. Missing practices in a one week period (unless discussed ahead of time)
 1. 1 unexcused practice: sit out a minimum of 1 quarter
 2. 2 unexcused practice: sit out a minimum 1 half
 3. 3 or more practices: full game suspension
 - b. If a player is going to be late or missing practice THAT PLAYER, not their parent, must contact their coach by 4:00 PM on that day.
 - c. If you come late to a practice, you must check in with any coach upon arrival. Two late practices in a week = 1 unexcused practice. If you are late for a game you will receive a 1 quarter game suspension. Players are expected at the field, DRESSED at least 1 hour prior to game start.
9. Please make every effort to schedule medical, dental, or other appointments outside of practice and game time. HS players take the ACT, SAT, or PSAT exam in the Fall!
10. All trash must be picked up at all venues, whether home, away, or at practice.
11. No wrestling or horseplay after practice or games
12. Be willing to help coaches and team captains set-up and break down practice fields.
13. No speeding or peeling out in parking lot or reckless behavior in cars. The coaching staff and/or the discipline committee will address all violations of team rules in a prompt and fair manner.