

Mount Pleasant High School Football Team Rules 2010

- 1) You must attend all practices.
 - Make up conditioning or suspension from the team will result.
- 2) Respect coaches, trainers, teammates and self.
 - No profanity.
 - No **hazing**, violation will result in suspension & parent conference.
 - Stealing will not be tolerated.
- 3) Give 100% effort.
 - Always hustle in practice, no walking during drills & on field.
 - Effort during practice will be expected at **all** times.
 - Good conduct & behavior at school.
- 4) No alcohol or drug use.
 - Violation will result in dismissal, per CCS rules.
- 5) Uniform rules.
 - Uniform means uniform, **wear** jerseys on game day.
 - No accessorizing of the uniform will be accepted.
 - Player is responsible for all equipment issued.
 - Wear appropriate clothing to practice.
 - **Earrings & jewelry** is not to be worn at practice or game.
- 6) Bus rules.
 - You must ride bus. With permission, ride home w/ parents.
 - Do not take personal items on bus. (Ex. I-pods, dip, etc...)
 - Cell phones are not to be used on bus with exception of calling parents for rides. Violation of this will result in consequences.
 - Keep bus clean.
- 7) Miscellaneous rules & expectations.
 - Keep field house clean. Do not leave personal items.
 - Be on time for pre-game meals, attendance is required.
 - Reckless driving will not be tolerated.
 - Follow all MPHS, CCS, NCHSAA rules.

MOST IMPORTANTLY FOLLOW THE GOLDEN RULE!!!