

# LCC Girls Water Polo Team Rules 2018-2019

## General Rules:

1. Use of any illegal drugs and/or tabaco will result in removal from team.
2. All athletes must be cleared by the athletic department, or have a "Blue Card" indicating athletic clearance on file in order to try-out, practice, and play. You will not be allowed to attend tryouts without clearance.

## Practice Rules:

1. Athletes are expected to be at the pool 10 minutes before practice start time.
2. Athletes are expected to be IN the water at beginning of pool start time.
3. Attendance to practice is mandatory. Any absence must be verified by doctor's note or parent's note (email) prior to absence.

## Game/Tournament Rules:

1. Athletes are required to wear appropriate team uniform for each game. Light caps are to be worn for away games and dark caps are worn for home games.
2. Athletes are expected to be at the pool 1 hour prior to each game.
3. Notice of parent and/or student transportation must be given in writing (email) to a coach.
4. Attendance to practice the day prior to a game or tournament is required in order to compete in the following game.

## Please sign for each individual athlete and return to any coach.

By signing below each parent and athlete agrees to adhere to Team Rules; not adhering to any of the rules above may result in an athlete's dismissal from the team.

Athlete Name \_\_\_\_\_

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

Parent Name \_\_\_\_\_

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