

East High/American Legion Post 34 Baseball

Conditions of participation

1. All players must adhere to the Anchorage School District's Conditions of Participation while taking part in the High School Baseball Season.
2. Eligibility for the Legion Spring Break trip:
 - All players must be meeting Anchorage School District's minimum class requirement (see ASD activities guidelines). Additionally, all players must be passing (again minimum of 4 or 5) classes with a 2.0 cumulative grade point average.
3. Conduct Rules:
 - Use or possession of alcohol or illegal drugs will result in immediate suspension from the team (1st offense – 10 days, 2nd offense – removal for season). If a player is found to have violated the alcohol/drug rule while on a team road trip the player will be sent home on the first available flight at the players/parents expense.
 - Use of tobacco in any form is prohibited. Players who violate the tobacco rule will be subject to sanctions as described in the Anchorage School District's Conditions of Participation (i.e. 1st offense = 10 days, 2nd offense = 45 days)
 - Disciplinary action ranging from reduced playing time to removal shall result from the following:
 - a. Insubordination
 - b. Fighting
 - c. Stealing/Theft (Any player discovered stealing from a store, restaurant, or other player will be dismissed from our program immediately.)
 - d. Hazing/Initiation (**Hazing is defined by the Anchorage School District as any type of harassment including verbal, sexual, racial, or physical harassment. It includes activities or actions which intimidate or threaten another individual or actions designed to create group affiliation which can cause bodily danger, physical harm, or mental and emotional harm.**)
 - e. Obscene gestures; Swearing (note – violations of the swearing/cussing rule will be handled as a “team violation” and penalties will be administered on the entire squad.)
4. Attendance rules:
 - Unexcused tardiness or absences will result in progressive penalties ranging from additional running, to reduced playing time.
 - Continued violations may result in suspension or removal from the team.

Players shall be respectful to members of the coaching staff (and chaperones while on the road) and are expected to adhere to their instructions. If there is a disagreement between a coach and/or a chaperone and a player, the player is expected to comply with the coaches/chaperones mandate. The Manager will deal with these discrepancies ASAP.

Dress code and “on the field” rules:

- 24-hour notice is required for missing a game. Notifications **MUST** be given to a coach, not a fellow player!
- No jewelry will be worn during games.
- Sprint to every position in games and practice.
- Any ball hit in the yard you will sprint as if it was a double.
- No throwing helmets, bats or gloves.

- Cussing is a team offense and the entire team is penalized for the transgression.
- Come to the field fully dressed in uniform and leave the field the same way.
- All subs will run to the fence and back between innings. This ensures you are ready to pinch run, hit or throw at any time during the game.
- Never show an umpire your frustration on a call (pitchers and hitters). A coach will deal with the umpires.
- All players will know innings and outs at all times.
- Hats will be worn front wards at all times. This includes at games and practice, additionally, it is required anytime you are wearing a team hat.
- No hair can show out of the front of your hat.
- Side-burns, mustaches and beards are acceptable if they are trimmed. The head coach, or manager will make the final determination.
- On road trips (other than early AM “red-eye” flights) you will dress in khakis, a polo shirt (or collared shirt) and dress shoes.
- Curfew and lights-out times will be strictly enforced. Violations will result in an earlier curfew/lights-out time for the remaining nights. If it is the last day of a trip, it will result in a “team penalty.”
- Hotel rooms will always be clean and organized. We will check daily and violations will be enforced against the entire room occupants!
- Females are not allowed in hotel rooms without a coach/chaperone present, or doors FULLY open!
- On road trips you will be only allowed to bring a backpack, 1 travel bag (i.e. suitcase/duffle) and your team bat bag.
- Line-ups are always posted prior to pre-game. Do not ask or watch any coach write the line-up card.
- Your baseball shoes will be shined for all tournament games. Do it the night before, not the day of the game at the ballpark!

Violation of any rule will result in a penalty. Penalties range from additional running to removal from the program. (Suspension and/or removals would be the result of a serious infraction, or numerous/frequent violations.)

We the undersigned, acknowledge that we have read and understand the conditions as described above.

Player signature

Date

Parent signature