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## RULES AND CODE OF ETHICS CONTRACT

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### My signature below indicates that:

1. I UNDERSTAND that I am first and foremost a student. The challenge of being a student athlete is never easy. I must be disciplined, dedicated and set clear daily and long-term objectives to help me achieve my goals. I owe it to myself to get the greatest possible good from my school experiences.
2. I UNDERSTAND that I represent my family, school, and team. I will behave in a manner that will bring honor to these institutions. As a student athlete I will set a positive example for the rest of the school, on and off the field. I will think before I act. I will act with integrity and class. I will not draw negative attention to myself through my actions or attitude. Failure to do so may result in disciplinary action.
3. I UNDERSTAND that I must accept, with good grace and respect, the decisions of the game official, no matter how unjust they seem. Coaches will handle questions in reference to rules and their applications. Disrespect to a game official will result in disciplinary action.
4. I UNDERSTAND that I should, by word and by action, encourage and support my teammates. The foundation of team success is working together and caring about each other. I will not put my goals before those of my team. Any actions detrimental to team unity may be disciplined.
5. I UNDERSTAND that any act of insubordination by a player will result in disciplinary action. Insubordination is defined as any act in direct contradiction to a coach's or teacher's instruction.
6. I UNDERSTAND that any loss of self-control, by excessive emotional or physical contact, is not permitted. Further, I certify that I am familiar with the NCHSAA Sportsmanship / Ejection Policy and understand that I will be subject to school and NCHSAA penalties for the following offenses:
  - **Fighting** or attempting to strike an opponent with a fist, hands, arms, legs or feet, or equipment (helmet, bat, stick, etc.), regardless of whether or not contact is made.
  - **Leaving the bench area** to participate in a fight (contact or no contact).
  - **Biting.**
  - **Taunting, baiting or spitting toward an opponent.**
  - **Profanity**, directed toward an official or opponent.
  - **Obscene gestures**, including gesturing in such a manner as to intimidate.
  - **Disrespectfully addressing an official.**
7. I UNDERSTAND that **I may be disciplined for behavior that occurs off campus**. Serious offenses such as arrests or criminal charges may result in dismissal from the team and/or suspension from school. Such actions may prohibit further participation in PCHS Athletics. Further, I understand that by NCHSAA rules, **I am immediately ineligible for NCHSAA sports for the remainder of my high school career if I am convicted of a felony in North Carolina or any other state**, or I am adjudicated delinquent for an offense that would be a felony if committed by an adult.
8. I UNDERSTAND that **I must report to my coach, in writing or by email, any school suspension or criminal arrest within 24 hours**. Failure to report such an incident may result in dismissal from the team.
9. I UNDERSTAND that using or possessing tobacco, alcohol, or illegal drugs on school campus or at a school activity will NOT be tolerated and can result in immediate dismissal from the team.
  - a) Tobacco
    - 1<sup>st</sup> offense – one week suspension from the team (no games or practice)
    - 2<sup>nd</sup> offense – suspension from team for remainder of the season\* (no games or practice)
  - b) Alcohol/Drugs
    - 1<sup>st</sup> offense – suspension from team for remainder of the season\* (no games or practice)
    - 2<sup>nd</sup> offense – no participation in PCHS athletics for 365 days beginning the day after suspension.
  - c) **STUDENT-ATHLETE DOES NOT HAVE TO BE CHARGED OR ARRESTED BY THE POLICE**
10. I UNDERSTAND that any disciplinary suspension or arrest involving gang activity is a violation of WCPSS Board Policy and will result in automatic dismissal from the team. A second such offense in the school year will result in suspension from PCHS athletics for **365 days**.

11. I UNDERSTAND that hazing is prohibited by WCPSS Board Policy. No group or individual shall require a student to wear abnormal dress, play abusive or ridiculous tricks on him/her, frighten, scold, beat, harass, or subject him/her to personal indignity. **The Board of Education is required to expel any student convicted of hazing under NC Criminal Statute 14-35.**
12. I UNDERSTAND that theft will not be tolerated. Any athlete who is caught stealing and/or in possession of stolen property is at fault (student-athlete does not have to be charged or arrested by police).
  - a) 1<sup>st</sup> offense – dismissal from the team
  - b) 2<sup>nd</sup> offense – no participation in sports at PCHS for 365 days
13. I UNDERSTAND that detention or out-of-school suspension will result in disciplinary action. I may not participate in any practices or games on days that I have served an after school detention or been suspended.
14. I UNDERSTAND that I must:
  - a) **Notify a coach if I leave school or cannot attend school for any reason** -- by WCPSS policy, students must be in attendance the entire school day to be eligible to play or practice. Exceptions to this are documented doctor visits. Any other reason must have the approval of the athletic director and principal.
  - b) Be prepared for indoor/outdoor practice every day.
  - c) Have a ride home no later than the time designated by the coach. Persistent violation of this policy may result in dismissal from the team. Transportation is a safety and time issue.
  - d) Behave at all times. Athletes are role models for other students at Panther Creek and are expected to follow all PCHS, WCPSS, and NCHSAA rules and expectations.
  - e) Abide by school dress code at all times.
  - f) Not wear jewelry, of any kind, during practices or games (including earrings).
  - g) Give PCHS athletics first priority over any club or recreational sports team.
  - h) Be properly dressed, be on time, and be at practice everyday. Unexcused absences will lead to reduction in playing time, suspension from the team, and/or dismissal.
  - i) Participate in extra duties such as maintaining the field, cleaning the locker room, carrying equipment, etc. I will perform these duties, when asked, without complaint.
15. I UNDERSTAND that the Head Coach, in accordance with WCPSS Board Policy, will decide what is and is not an excused absence from practice.
16. I UNDERSTAND I cannot train, tryout, or practice with another PCHS team until the current season is completed. In certain cases involving individual sports (cross country, golf, gymnastics, tennis, swimming, diving, track, and wrestling) when the athlete is not advancing on to Regionals, etc, the coach may release the athlete to participate in another sport.
17. I UNDERSTAND that I am responsible for all school issued equipment. Failure to return or pay for school equipment will result in equipment not being issued for any other sport until all fines are cleared. Student-athletes will not be allowed to participate in any off-season workouts until all school fines are cleared.
18. I UNDERSTAND that I am committed to a team. If I quit or I am dismissed, I will not be permitted to practice with another PCHS athletic team until my previous team's season has finished.
19. I UNDERSTAND that parents/guardians have certain responsibilities associated with PCHS Athletics. These include, but are not limited to, working in the concession stand, facility maintenance, supporting fundraising efforts, supporting all PCHS teams and athletes, demonstrating proper sportsmanship not only for the opposing team and its fans, but also for the officials, the coaches and the employees of Wake County Schools.
20. **I UNDERSTAND the coaching staff will make all decisions concerning appropriate consequences. Extra conditioning, suspension from team, and/or dismissal are possible forms of discipline.** These policies do not address all areas of player conduct. Coaches can set forth and enforce their own rules governing player conduct – on the field, off the field, and away from school.

*Please return a signed copy of this contract to your Head Coach.*

Print student name: \_\_\_\_\_

Student signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_

Sport: \_\_\_\_\_ Season: Fall / Winter / Spring (circle one)

\* Contract is valid for current athletic season. Student must sign a contract for each sport he/she participates. Cheerleading season includes Fall and Winter athletic seasons.