

DHS Baseball Team Rules

Print and Sign (turn in first day of practice)

(Additional copies of the rules available from your team coach)

1. **Maintain a clean-cut haircut throughout the season. No facial hair below the ears. No hair coloring or highlights.**
2. **Wear socks at all times – dress neat – no oversized pants.**
3. **When on the field run everywhere you go. ALWAYS run on and off the field during a game.**
4. **No wearing jewelry on the field.**
5. **Attend school the day of the game.**
6. **Report to class on time.**
7. **Always let your coaches know if you are sick, will miss practice, or school. (This is YOUR responsibility)**
8. **Report to practice on time. Never leave practice until your coach excuses you.**
9. **Never lose your composure.**
10. **Do not sulk – see the coach if you have a complaint or problem.**
11. **Drinking, smoking, drugs (including tobacco products), or theft will result in dismissal from the team.**
12. **Never argue with a teammate.**
13. **No swearing on the field.**
14. **No arguing with the umpire.**
15. **No throwing of a bat, helmet, or any equipment.**
16. **Report to practice with a jacket or heavy sweatshirt. YOUR ARM IS VERY IMPORTANT.**
17. **You are responsible for the following:**
 - a. **All equipment issued to you.**
 - b. **All of your own gear (put name in all gear).**
 - c. **Laundering of all your gear.**
18. **When traveling on the bus there will be no loud talking, boisterous laughing, or profanity. When departing from the bus you will be in full game uniform.**
19. **Have respect for your managers at stat persons. Their job is a vital part of the team organization. Be as humble as those who serve you.**
20. **“huh, uh huh, naw, and yeah” we be replaced by “yes, yes coach, no and no coach.”**
21. **Always practice good manners on or around campus. Be respectful to teachers, coaches, and fellow students.**
22. **Remember, at all times, you are a representative of Duluth High School, your coach, your family, and most important yourself.**

Signed _____

Player

Parent