

**VALLEY HIGH SCHOOL BASEBALL PROGRAM
TEAM RULES
HIGH SCHOOL & JUNIOR HIGH SCHOOL BASEBALL TEAMS
2024 SEASON**

1. All players are representing the New Kensington-Arnold School District, Valley Junior, and Senior High School Baseball Program. Players will respect all school property, personnel and conduct themselves accordingly.
2. No spikes will be worn while inside the school building and team locker rooms. All spikes will be removed and cleaned outside the school locker rooms in a specified area.
3. No student is permitted to use tobacco, alcohol, or drugs. All players will be dealt with the school policy on this issue.
4. No chewing sunflower seeds, or gum while inside the building, on the turf or at the indoor batting cages.
5. **Each student must maintain an acceptable level of their classroom work and will be monitored weekly. This will follow the district policy.**
6. **Foul or vulgar language or gestures will not be tolerated as well as clowning around and bullying another player in the Valley Baseball Program at any level. A player will be dealt with according to the circumstances. If this happens you could be suspended or sent home from the team.**
7. **Throwing of equipment will not be tolerated and a player will be dealt with according to the circumstances.**
8. Players are held responsible for loading and carrying all equipment to and from the playing fields. Game assignments will be posted.
9. All players are responsible for their team uniform and personal equipment. Uniforms must be worn appropriately. Your baseball hat is part of your uniform.
10. The high school and junior high school teams have a commitment to the Valley School District Baseball Program over any other organization (summer teams) until the School Baseball season is completed.
11. All players will be held responsible for the return of the complete uniform and clothing given to them prior to the season. Everything must be turned in at the completion of the season. A form will be signed by each player on the day that they are issued their uniform.
12. Players are to report on time prior to the start of their practice time (unless excused) and dressed appropriately.
13. Pitchers and all position players are to ice their throwing arm after pitching or playing in the field. Pitchers are to always have bags for ice.

(TURN OVER - CONTINUE READING AND SIGN THE BACK)

14. Players will be excused by the athletic department from class for home games and bus departures for away games.
15. Throwing will not be permitted prior to stretching and warm-up.
16. Players are responsible to clean dugouts, or bench areas and bus of garbage after practice and games.
17. Players will carry their own drinking cup. Direct drinking from water containers is prohibited.
18. **Players must report to school before the end of second period 9:00 a.m. to be eligible to participate in after school activities occurring that day. This is important throughout the season.**
19. Players will follow all New Kensington-Arnold School District bus rules while being transported by bus to and from away games or trips.
20. All players must ride the bus to and from away games. Exception to this rule would be another school activity, or family emergency. These will be dealt with on an individual basis. You must have a note from your parents stating the situation and you must go home with one of your parents. We are a team and need to participate as a team in travel to and from away games as well as on the playing field.
21. Any player that gets an in-school detention will be dealt with on an individual basis. Depending on the situation, you may not practice or play in a game until that detention has been served.
22. Any player that does not practice because of an unexcused absence the day before a game will not start and may not participate in that game.
23. Any player that goes away on a vacation or a trip that is an unexcused absence and not a school function and will miss practices or games will not be guaranteed a start. Unusual circumstances will be dealt with accordingly.
24. **No!** Cell phones will be allowed to be turned on before games or practices. They will be turned into the coach for storage in the baseball office. They can use them on the return bus ride from an away game.
25. **No!** Parent or relative, brother, sister, cousin, aunt, grandparent, will be allowed to be around the bench area or speak with their child during the games. Players are not allowed to have a conversation with their parents until they exit the locker room after home and away games. Do not bring a drink to your child during games. **This is a TEAM!** We need them to focus on the game and their responsibility and role that they play on the team. **NO OUTSIDE DISTRACTIONS DURING PRACTICE OR GAMES HOME AND AWAY!**

Parent/Guardian Signature: _____

Players Signature: _____

Coaches Signature: _____

Date: _____