

Mt. Olive Football

Brian O'Connor
Head Football Coach
brian.oconnor@motsd.org

(School) 973-927-2208 ext.7672

RULES AND REGULATIONS

- I. ABSENCE FROM SCHOOL and/or PRACTICE
 - A. Must tell coach **BEFORE** practice.(at least 24 hrs notice)
 - B. Must be at practice the day before a game.
 - C. **TARDY** – must sign-in by 10:00 am to practice or play
 - D. **If absent must bring a note the next day**
 - E. MISSED PRACTICE TIME – make up with Running/Circuits & Meetings with position coach:
 1. **LATE** to practice (unexcused): Five (5) minutes.
 2. **ABSENCES:**
 - a. Unexcused – 10 Minutes
 - * must make up meeting time with coach
 3. Time NOT made up: WILL NOT PLAY next game.
 4. **EXCESSIVE ABSENCES:** Removal from the team. (3 unexcused absences may result in removal from team)
- II. IMPROPER BEHAVIOR ON AND OFF THE FIELD
 - A. Punching, stealing, swearing, throwing helmet, failure to shake hands, displeasure of call, back talk.
 - B. Disrespect for self, teammates, school, teachers, coaches.
 - C. Any use of tobacco, alcohol, vaping or drugs. Is strictly prohibited.
(Immediate removal from the team for any use of these.)
 - D. **All players are expected to conduct themselves as athletes, sportsmen and gentlemen at all times**
 - E. Cursing on the field will result in push-ups/extra running.

SUSPENSION OR EXPULSION from the team as seen fit by the head coach.
- III. TRAVEL TO AND FROM AWAY GAMES
 - A. **EVERY** player will travel on the bus **BOTH** ways.
 - B. At all times on the bus, all players are expected to follow Rules and Regulations.
- IV. REQUIREMENTS FOR A VARSITY LETTER
 - A. One quarter (1/4) of all possible Varsity Quarters. Must have 5 plays.
 - B. All levels must finish the season to **COACHES' EXPECTATIONS.**
 - C. Requirements to become a **CAPTAIN**
 1. Must be a hard worker – **GOOD EXAMPLE** for others.
 2. Must display **POSITIVE** leadership.
 3. **FAILURE** to hold up to Mr. O'Connor's ideals will result in removal of the captainship.
 - D. Game Captain – based upon the performance in the previous game.
 - E. Scout Team/Practice Captain – based upon the performance and effort the week prior to the game.

V. ACADEMIC STANDARDS

A. Mt. Olive High School Policy

B. Mt. Olive High School Football Policy:

1. PROGRESS REPORTS – Given out every 3 weeks the first marking period, one (1) failing grade will result in two weeks probation.
2. Following the probationary period,
 - a. ANOTHER report is issued.
 - b. Failing at this time will result in GAME SUSPENSION
 - c. Extra help and individual instruction by Mr. O'Connor/Teacher until the grade is considered passing.
3. All players will have **Study Table** on Wednesday Nights from 6:00 p.m. to 7:00 p.m.

VI. FOOTBALL EQUIPMENT

A. All equipment must be **SIGNED OUT BY EACH PLAYER**

A. Any item lost or stolen will be paid for.

B. The Mt. Olive Football T-Shirt & Shorts, are not collected at the end of the season:

1. Must be given back to Mr. O'Connor if the individual does not finish his football commitment **THROUGH HIS SENIOR YEAR.**
2. **Mt. Olive FOOTBALL PLAYERS** work hard to earn their excellent reputation. I do not want anyone who **QUIT** the program to steal that honor.

VII. ULTIMATE DECISIONS:

ANY circumstance that may arise will be handled by Mr. O'Connor, AS HE SEES FIT. This will insure the best interest of our Football Program at Mt. Olive High School.

ATTITUDE AND EFFORT

Tear and Return to Coach O'Connor

Rules and Regulations Acknowledgement of Receipt and Understanding

Player Name (Print): _____

Player Signature: _____

Parent Signature: _____