



## **ZSPORTS Academy Boarding House Rules and Regulations**

Welcome to ZSPORTS Academy Boarding Clubhouse in Mpumalanga, South Africa. As residents, you are expected to maintain high standards of behavior and respect for yourself, your peers, and the academy staff. These rules are designed to ensure a safe, respectful, and productive living environment for all players.

### **General Conduct**

#### **1. Respect and Courtesy**

- Treat all players, staff, and visitors with respect and courtesy.
- No bullying, harassment, or discrimination will be tolerated.
- Swearing or using offensive language is strictly prohibited.

#### **2. Safety and Security**

- Comply with all safety regulations and emergency procedures.
- Report any suspicious activity or safety hazards to the staff immediately.
- Keep your room and communal areas clean and tidy.

#### **3. Substance Use**

- Absolutely no possession or use of drugs or alcohol is permitted on the premises.
- Smoking, including e-cigarettes and vaping, is prohibited within the boarding house and its surrounding areas.

#### **4. Curfew and Attendance**

- A strict curfew of 9:00 PM applies to all residents aged 9-17.
- Players aged 18 and above must be in the boarding house by 10:00 PM unless special permission is granted by the staff.
- Attendance at all meals and training sessions is mandatory unless excused for valid reasons (e.g., medical).

### **Room and Property Care**

## **5. Room Assignment and Changes**

- Rooms are assigned by the academy staff. Any requests for room changes must be approved by the administration.
- Players are responsible for keeping their rooms clean and reporting any damages or maintenance issues promptly.

## **6. Personal Belongings**

- Respect other players' personal belongings and do not borrow without permission.
- Secure valuable items; the academy is not responsible for lost or stolen property.

## **7. Furniture and Fixtures**

- Do not move or alter the room's furniture and fixtures without permission.
- Damaging academy property will result in disciplinary action and may require financial restitution.

## **Behavior and Discipline**

### **8. Disciplinary Actions**

- Violations of these rules will result in appropriate disciplinary actions, which may include warnings, parental notification, suspension, or expulsion from the boarding house.
- Serious offenses, such as theft, violence, or possession of drugs, will be reported to the authorities and may result in immediate expulsion.

### **9. Conflict Resolution**

- Any disputes or conflicts should be reported to a staff member. The academy encourages peaceful resolution through dialogue and mediation.

### **10. Visitors and Off-Limits Areas**

- Visitors are allowed only during specified visiting hours and must register with the staff.
- Certain areas, such as staff quarters and offices, are off-limits to residents unless invited.

## **Daily Routine**

### **11. Wake-Up and Lights Out**

- Wake-up time is at 6:00 AM for all players.
- Lights out for players aged 9-17 is at 9:30 PM, and for those aged 18 and above, it is at 10:30 PM.

### **12. Meal Times**

- Breakfast: 7:00 AM – 8:00 AM
- Lunch: 12:00 PM – 1:00 PM
- Dinner: 6:00 PM – 7:00 PM
- Attendance at meal times is compulsory.

### **13. Study and Training**

- Study sessions are scheduled from 4:00 PM to 6:00 PM on weekdays.
- Training sessions are held from 8:00 AM to 11:00 AM and 2:00 PM to 4:00 PM.
- Quiet hours are enforced from 8:00 PM to 9:30 PM to allow for personal study and relaxation.

## **Health and Wellness**

### **14. Medical Care**

- Report any illnesses or injuries to the staff immediately.
- Regular health checks and vaccinations are mandatory.

### **15. Nutrition and Fitness**

- Maintain a balanced diet and follow the nutrition guidelines provided by the academy.
- Participate actively in all physical fitness and training sessions.

### **16. Mental Wellbeing**

- Seek support from staff or designated counselors for any mental health concerns.
- Engage in activities that promote relaxation and mental wellness.

## **Technology and Communication**

### **17. Internet and Device Use**

- Internet use is restricted to educational and training purposes.
- Devices must be used responsibly; excessive gaming or

inappropriate content is prohibited.

- Curfew for device use is 9:00 PM for players aged 9-17 and 10:00 PM for those aged 18 and above.

### **18. Communication with Family**

- Players are encouraged to maintain regular communication with their families.
- Phone calls and video chats should be done during free time and not disrupt other residents.

### **19. Social Media**

- Use social media responsibly and do not post any content that could harm the academy's reputation or the privacy of others.
- Be aware of the consequences of cyberbullying or inappropriate online behavior.

### **Conclusion**

By following these rules, you contribute to a positive and conducive living environment that supports your development as a professional soccer player and responsible individual. Failure to comply with these rules will result in disciplinary action.

For any questions or concerns, please contact the academy staff. We are here to support you in achieving your goals and ensuring your well-being.

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### **Signature of Agreement:**

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Player's Name:

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Date:

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Guardian's Name:

\_\_\_\_\_  
Date:

\_\_\_\_\_  
Staff Member's Name:

\_\_\_\_\_  
Date: