

TRI-CITY RELAYS TRACK CLUB RULES

General Requirements

1. An application must be completed and submitted before an athlete can participate.
2. Physical forms must be submitted before an athlete can practice.
3. All fees must be paid before an athlete will be allowed to compete.
4. A copy of each athlete's birth certificate must be provided before the first competition.
5. A photo of each athlete must be furnished or taken by a designated photographer.
6. **All Club members are responsible for complying with Club Rules.**

Athletes

1. Good conduct and sportsmanship is required of all athletes.
2. Athletes must respect officials, coaches, parents, guests, opponents, and each other. **Disrespect to coaches and adults will be dealt with harshly.**
3. **Foul language is prohibited.**
4. Athletes must report before, or on time for all practices and meets, including out of town meets.
5. There is no loafing allowed. Illnesses must be verified by a parent or guardian, or a doctor and reported to a coach.
6. Dating among athletes, coaches, and volunteers is prohibited.
7. Fighting or any physical altercation is strictly prohibited.
8. Coaches decide workouts, exercises, and Relay teams.
9. At meets athletes are expected to pay attention to all events called. Every athlete must report on time or will be scratched from the event. Be alert and serious at all times.
10. Cleanliness is must –clothing, body, mouth, and mind.
11. Athletes are expected to be in designated areas under the supervision of a coach or coaches when not participating in an event or a workout.
12. Shirts are to be tucked into shorts.
13. Uniforms are not to be changed on the track or field, only in designated areas.
14. No tops are to be removed while on the track or field area.
15. If a rule is violated a meeting will be held with the athlete, parents/guardians, and coach. The athlete may be asked to appear before the Disciplinary Board.

Parents/Guardians

1. **Parents are expected to be on their best behavior and to observe track etiquette.**
2. If the meet does not allow spectators in the infield, do not go on the track or field unless you are required to be there.
3. Do not stand on the track.
4. **Respect officials, coaches, guests, opponents, and each other.**
5. If there is a dispute with an official, voice it to a Tri-City Coach, the Head Coach, or the Athletic Director.
6. Inappropriate behavior of any type will not be tolerated under any circumstances.
7. Physical and/or verbal abuse will not be tolerated under any circumstances.
8. Notify coaches/volunteers of any physical or emotional ailment which might prevent your child from participating in an event or practice.

I agree to abide by the Rules in order to participate as a member of this Club. I will abide by any consequences imposed due to any violation of the Club's rules and policies.

Athlete's Signature _____

Date _____

Parent's/Guardian's
Signature _____

Date _____