



Name of Participant: _____

Date of Birth: _____ Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

Address (if different on April 1st): _____

School: _____ Grade: _____ Graduation Year: _____ Throws: _____ Bats: _____

GENERAL RULE:

Participant hereby certifies that he will abide by all the rules and regulations of Post 22 Baseball (22) and that his participation in other extracurricular activities will not interfere with his 22 activities. Participants service will be available for the entire season and shall remain available to play in the postseason tournaments.

Participant fully understands that he is required to attend all practice sessions and games, unless granted permission to be excused by their Manager or Coach and if he does not obtain permission, he is subject to disciplinary action.

Participant understands that he is subject to discipline or expulsion if he uses any form of alcohol, illegal drugs or chemicals, tobacco products, in accordance with the 22's Drug and Alcohol Policy and Drug Testing Policy set forth below.

Participant also understands that he is subject to disciplinary action or expulsion for using profanity, acting ungentlemanly or using unsportsmanlike actions that would reflect negatively on the 22 Program, including without limitation any violation of 22's "No Bullying Policy" set forth below.

Participant shall be responsible for the care of any equipment and uniforms issued to him, and except for normal wear and tear, will return same to his Head Coach at the end of the season

Participants shall comply at all times with the Team Rules set forth below.

Post 22 BASEBALL DRUG AND ALCOHOL POLICY:

The Post 22 Board of Directors firmly believes participation in the 22 Baseball Program is a privilege and not a right. Participants volunteering to participate in the 22 Program are expected to accept the responsibilities of this privilege.

The Rule: No Participant shall possess or use drugs, alcohol, tobacco or vaping at ANY TIME from the effective date of this contract through the final game of their career including the off-seasons, with the exception of physician prescribed medication for a valid medical condition taken as prescribed.

Responsibility: It shall be everyone's responsibility to report violations of this policy to the Head Coach or his staff. Participants seen by a member of the coaching staff or an adult in a position of authority (police officers, school officials, teachers, etc.) using or possessing drugs, alcohol or tobacco, vaping or in possession of drug paraphernalia (as defined by State Law), at ANY TIME from the effective date of this contract through the final game of their career including off-seasons, shall be subject to the Disciplinary Enforcement contained herein. Where another person, such as another participant, family member or fan, reports a violation of this Policy, the violation shall be investigated on a case by case basis. If the person reporting the violation provides a notarized written statement, and/or is willing to testify in court (if needed), the report shall be treated as if the violation was observed by the coaching staff or an adult in a position of authority.

Disciplinary Enforcement: FIRST OFFENSE- shall result in the Participant's suspension of 1 to 5 consecutive games immediately following the offense (continued practice participation during suspension is at the coach's discretion). **SECOND OFFENSE-** shall result in immediate removal for 1 calendar year from the Program. **THIRD OFFENSE-** The player will be removed from the program permanently.. If a Participant commits an offense while on a road trip, that Participant shall be sent home at his own expense. All offenses are cumulative from the effective date of this contract until the Participant is no longer in the Program.

Post 22 BASEBALL DRUG TESTING POLICY:

For purposes of enforcement of aforementioned Rule, the Post 22 Program will conduct drug testing under any of the following circumstances:

Random Testing: Participants may be selected at random for drug testing at any time during the season.

For Cause Testing: The Program may ask a Participant to submit to a drug test at any time it feels that the Participant may be under the influence of drugs including, but not limited to, the following circumstances: reasonable evidence of drugs within the Participants possession or control, unusual conduct that suggests impairment or influence of drugs, negative performance patterns, or a failure of, or refusal to submit to any test administered hereunder.

Administration: The Rapid City Clinic will handle all testing and the drawing from the participant pool for the random tests, at the expense of the Program; provided, however, that if a participant fails or refuses a test, then the cost of any subsequent test shall be at the expense of the Participant (or the Participant's parent/guardian in the case of a minor participant). Drug-testing results will be disclosed only for the purposes related to enforcement of this policy.

Refusal to Submit: If a Participant refuses a request to submit to testing under this policy, the refusal will be considered an OFFENSE, whether first or second as the case may be, under the Disciplinary Enforcement section of the Player Contract, thereby resulting in either suspension or expulsion, as applicable. Provided, however, that in such a case, the Participant will be given an opportunity to explain the circumstances prior to any final disciplinary enforcement becoming effective. Furthermore, in the event of a refusal to submit which is deemed a first offense, the Participant will be required to submit to a subsequent test at the expense of the participant (or the participant's parent/guardian in the case of a minor participant), in which case a second refusal to submit shall be grounds for suspension from the program for 1 year.

Participant Consent: By signing this form, you (or the parent/guardian in the case of a minor Participant) affirm that you are aware of the Program's drug-testing policy, and you hereby agree to allow the Program to test you (or the minor participant in the case of a parent/guardian) at anytime during the season in accordance with the aforementioned policy.

Post 22 BASEBALL NO BULLYING POLICY:

Purpose: The purpose of this policy is to maintain a safe, positive environment for all individuals, athletic participants, coaches, employees, volunteers, and staff ("individuals") that is free from hazing. Bullying activities of any type are inconsistent with the goals of the Posts 22 Program and are prohibited at all times.

Definitions: Bullying is any action or situation which recklessly or intentionally endangers mental or physical health, or creates substantial embarrassment, harassment, or ridicule, or involves the forced consumption of food, alcohol, or drugs in the course of initiation or continuing affiliation with an organization. Individuals violating the Program's Bullying Policy shall be subject to disciplinary action. Bullying includes, but is not limited to, the following list of activities: (a) Participation in or creation of situations which cause physical harm or emotional strain, such as causing an individual to be the object of malicious amusement or ridicule; (b) Forced, required or implicitly coerced participation in physical activities such as calisthenics, exercises or games. (This does not include physical activities required by coaches); (c) Participation in activities which involve illegal acts such as kidnapping or stealing, or acts that may amount to criminal activity; (d) Creation of excessive fatigue or distress through deprivation of privacy, sufficient sleep or decent and edible meals; (e) Use of physical brutality or force (including paddling, striking with fists, open hands or objects); (f) Forced, required, condoned or implicitly coerced behavior resulting in lewdness or potential ridicule or bodily harm (such as forced nudity or partial nudity, including coercing an individual to dress in a degrading manner as part of initiation or affiliation); (g) Forced, required or implicitly coerced consumption of any food, liquor, drug or any other substance; and (h) Permitted consumption of excessive amounts of alcohol. Hazing does not include the following: (a) Coaches requiring individuals to perform necessary functions such as cleaning, carrying equipment and/or field maintenance; (b) Coaches requiring physical activities such as calisthenics, exercises or cardiovascular activities.

Authority: The Board does not condone any form of initiation or harassment, known as bullying, as part of any activity. No individual shall plan, direct, encourage, assist or engage in any hazing activity. The Board directs that no individual shall permit, condone or tolerate any form of bullying. The Board, with the assistance it deems necessary, will investigate all complaints of hazing and will administer appropriate discipline to any individual who violates this policy. The Board encourages individuals who have been subjected to hazing to promptly report such incidents to their immediate supervisor, coach or the Board.

Delegation of Responsibility: Coaches shall promptly investigate all complaints of bullying and administer appropriate discipline to any individual who violates this policy. Individuals shall be alert to incidents of bullying and shall report such conduct to the immediate supervisor, coach or the Board.

POST 22 BASEBALL TEAM RULES:

The American Legion, an organization of veterans, believes in operating a well-disciplined baseball program with emphasis on sportsmanship, team loyalty, and the highest level of sportsmanship and individual leadership. Our coaches will insist on these positive qualities throughout the season and encourage them year-round. There are several rules (Team Rules) that all players are required to follow in order to be considered eligible for Post 22 Baseball competition. Unless otherwise indicated, and subject to any 22 policies, the penalties for violation of any of the following rules will be decided by the applicable coaching staff, which may include an immediate suspension of practice/playing privileges (**this could range from 1 to 5 games**), or dismissal from the team. All coaching staff disciplinary decisions are final. Conduct is expected to be positive and becoming, in accordance with the following Team Rules:

Sportsmanship: Foul language, throwing or other abuse of equipment, heckling of any kind, unnecessary roughness, or any other unsportsmanlike conduct is prohibited on or off the field. In the event that equipment is thrown/abused and damaged, the player will be expected to reimburse 22 for replacement costs. Participants are expected to uphold the 22 Code of Sportsmanship at all times. In short: Participants will: Keep the rules; Keep faith with teammates; Keep tempers; Keep a stout heart in defeat; Keep pride under in victory; Keep a sound soul, a clean mind and a healthy body.

Academic Eligibility-All players are to pass at least 4 classes per semester in order to be eligible to play for Post 22.

Appearance: Haircuts are expected to be tasteful. No earrings or jewelry are allowed at practice or during games. Uniforms should be kept clean, in good repair, and tucked in at all times while worn. Hard Hats and baseball Hats should be worn correctly (i.e. straightforward) at all times. Rally caps are acceptable when appropriate.

Food and Drink: No outside food or drink is allowed in the dugout during a game. Ice water, or other sports drinks (Gatorade®, Powerade®, etc.) may be provided by the team. "Game" is defined from the time team warm-ups begin until the last out.

Spectators: No spectators are allowed in the dugout during a game. This includes parents, family members, friends, girlfriends, scouts, etc. (nor is any non-player allowed to visit with you during a game), except in the case of player injury or other emergency.

Dugouts: Players are allowed to leave the dugout during a game for the following reasons only: to retrieve a foul ball, go to the bathroom, warm up/stretch/throw, or in a medical or weather-related emergency. Players are expected to perform the necessary function and return to the dugout without incident. Any other request to leave the dugout should be discussed with and approved by a member of the coaching staff.

Hustle: Players will **SPRINT** to and from their positions. Players will run at full speed on all ground balls and fly balls, no matter how "inevitable" a putout might appear.

Travel: When traveling to and from contests, the team will meet at a designated location. It is acceptable for players to travel to and from games with parents so long as it is approved by the head coach. Occasionally, the team will travel out of town and stay overnight at a hotel. Room assignments for players will be designated. Players are to stay in rooms after curfew. Room assignment changes must be approved by coaches. Failure to follow this rule will be disciplined by the head coach. Rooms are expected to be kept neat and clean. Any damage performed to a room is the financial responsibility of the player and his parent/guardian. Players involved in such a situation, unless verifiably accidental, will be sent home, there will be disciplinary action taken and could be removed from the program. Under no circumstances whatsoever will a guest be permitted in a player's hotel room while un-chaperoned by an adult, coach or parent. Any player violating this rule will be immediately suspended from the team.

Curfews: Coaches may implement a curfew at any time whether at home or on the road. Players are expected to follow all curfew rules. Failure to do so will result in disciplinary action. If there are any applicable city curfews, all players will follow these rules, especially on nights prior to competition.

Absences: All players/guardians are expected to call a member of the coaching staff in the event a practice or game is to be missed. If a player is late for a practice or a game without a proper excuse, the Coach may discipline accordingly (discipline may include running, cleaning, or other duties as assigned) If a player is absent without permission, the minimum penalty is an immediate suspension with a maximum penalty of dismissal from the team.

Criminal Offenses: Any player who commits a criminal offense AT ANYTIME (in or out of season) will be immediately suspended indefinitely pending the resolution of the case, and thereafter may face further suspension and/or possible dismissal from the team. The only exclusions from this policy are for either a traffic ticket or a misdemeanor offense otherwise covered by the aforementioned Post 22 Baseball Drug and Alcohol Policy, with proper court/legal supervision. Criminal offenses include criminal charges filed in a court of law without regard to conviction, dismissal or disposition of the pending case. After the resolution of the case, the participant may be reinstated, further suspended, or dismissed from the team at the Coach's discretion, without regard to the conviction or other legal disposition of the case. However, in the event of a felony criminal offense, the participant shall be indefinitely expelled from the program for all future years of a player's eligibility, and may only be reinstated if the participant is completely exonerated from the felony charge.

Birth Certificates: All rostered players must submit a photo copy of a certified birth certificate from the county/state recorder of deeds/vital statistics prior to the first practice of the season. Originals will not be accepted. Copies of the birth certificates will be shredded upon the player's exit from the program. Any player who fails to submit a proper birth certificate will not be eligible for competition.

Work Shifts Must be fulfilled: This program is successful due to hard working parents. For over 45 years our parents have worked and put in the time in order for our program to reach the highest level. Each family will be asked to sign up for work shifts throughout the summer. This is dependent upon how successful you are in the fundraising before the season starts. It is the responsibility of the parents to work these shifts or find coverage, every shift must be worked. You may not call and cancel or say you cannot make the shift. If parents miss shifts then the player will **not be able to participate** until the family meets with the General Manager. The player will not be allowed to participate until all of the shifts are signed up by the parent/guardian.

POST 22 SPORTS CAMP POLICY:

Out of town baseball camp absences are allowed, but are limited to 4 days (2 travel, 2 playing days), the coach must be notified at least one month in advance, and it must be approved. No baseball camps are allowed after July 1st.

In-town workouts/camps for other sports are **NOT** allowed unless there are **NO** Post 22 activities going on that day. Post 22 activities include games/practices/field maintenance/team meetings/team pictures/fundraising/Dining on the Diamond, etc. Football workouts are to be non-contact, and basketball workouts are skill development only-no scrimmaging or playing. After the Postseason roster has been submitted, players on that roster are **NOT** allowed to participate where there is physical contact in any activity

Out of town camps for sports other than baseball are not allowed, unless a player is a rising Junior or Senior and is a recruited college athlete. **These will be determined on a case by case basis.** Please understand recruited athletes are probably Hardhat or fringe Hardhat players, and there are natural consequences to his absence. Basketball season ends with the State Tournament. Travel basketball tournaments are not allowed once the State Tournament ends.

BENSON SPORTS TRAINING

All Post 22 athletes will use Benson Sports Training exclusively during the baseball season. No outside workouts with other entities (Physio Performance, EXOS, etc) are allowed during the baseball season, which extends from Spring Training until the end of the season. This is done to protect our athletes from over-training.

SUPER SENIORS

All Super Senior players will be handled on a case to case basis. The coaching staff will meet with the Super Senior and then a decision will be made in regards to them playing the following season.

INSURANCE:

Post 22 Baseball (Baseball Parents Inc.) has accident, liability and medical insurance coverage policies for all rostered players and coaches. A copy of the applicable policy can be made available upon request.

GRIEVANCE POLICY:

If you have a disagreement, complaint or other grievance regarding the Post 22 Baseball Program, its coaches, players, or any other persons related to the Program, we request that you bring this concern to the immediate attention of your Head Coach. Please try to approach him at a time and place that will allow him to properly listen to your concerns. If you have discussed this matter with him previously and you do not believe that you have received a sufficient response, we request that you present your concerns to the General Manager. After you have followed the chain of command and would like to take it to the next level, then you may contact a 22 Board Member (If you consider the matter an emergency, legal, ethical or safety issue, use your best judgment to expedite the complaint process). The 22 Board Members, or a committee of Board Members, may have a conference with you, your parents, and your Head Coach or with any of you individually. If the matter is not resolved after that conference, and you believe it still merits attention, it is requested that you immediately place your concerns in writing and bring the matter forward to the entire 22 Board at the next scheduled Board Meeting. Please indicate what the problem is, those persons involved in the problem, and any suggested solution you may have to the problem. The Board cannot promise that your specific grievance will result in the action you request or that you will be satisfied with the outcome of the grievance procedure. PARTICIPANT'S CONSENT: January 1, 2023, the undersigned Participant acknowledges, understands, and agrees to be subject to the above-referenced rules and policies, and expects to make every effort to live up to them.

Participant's Name: _____ (Please Print) Date: _____

Signature: _____

Parent/Guardian Name: _____ (Please Print) Date: _____

Signature: _____

* I will be released from this Contract if I am unsuccessful in qualifying for the team, and I and my parents/guardian, understand that the American Legion assumes responsibility to players only to the extent of their insurance coverage.

****Revised Jan. 2023****