



ROC HOUSE RULES

- ❖ Use good sportsman-like conduct in all activities to ensure the best positive atmosphere.
- ❖ Adhere to the spirit as well as the letter of the rules throughout all games and practices.
- ❖ Respect all players, officials, coaches, and administrators and treat them courteously.
- ❖ Respect the decisions of the staff. Please direct your questions about such decisions to the staff in private and follow appropriate channels to voice your concern.
- ❖ Exhibit dignity in manner and dress. Use shoes with non-marking soles.
- ❖ Refrain from the use of drugs or alcoholic beverages which could affect performance or modify mood or behavior. (Exception would be therapeutic drugs prescribed by a physician.)
- ❖ Refrain from smoking in the facility or on the grounds.
- ❖ Please refrain from using any profanity.
- ❖ Leave the ROC in good condition, by cleaning up after yourself. Trash and Recycling containers are available.
- ❖ Respect Gym Equipment and Provide a Safe Environment for others by not dunking, dangling or swinging on gym basketball hoops or equipment.
- ❖ For the safety of our students, this building is under surveillance and any infractions of the above that could lead to the harm of others is prohibited. Thank you for keeping the ROC safe and fun for all!