

Roosevelt Football Family Rules 2025

By being a part of this family you will follow these rules:

In Regards to Practices:

- All practices, games, events are mandatory. If you have to miss, you must send a message to a coach. Preferably Coach Ryan Nordness. A couple of reasons to miss practice are **Illness or Family Emergency**.
- You will be able to get all of your school work done outside of football time. An absence to catch up on school work is an unexcused absence.
- Consequences for Missing Practice:
 - For every level, Varsity, JV and B Team, when a player misses practice we will speak to them about their absence. Things that we will take into account when determining a consequence will be
 - Why they missed
 - Did they communicate the absence
 - Is this a pattern that is developing (multiple missed practices)
 - Possible consequences:
 - Extra Running
 - Missed playing time
 - Suspension from the team for an indefinite period
 - Removal from the team.
 - All consequences will be determined by and agreed upon by the coaching staff. All consequences will be fair.

Lettering Policy

- In order to letter you must participate in 50% of the Varsity quarters played. i.e. One play of any kind in a quarter is considered participating in that quarter
 - Seniors will letter if they finish the year in good standing with the team. This means they have been attending practice regularly and are complying with the rules. Seniors will not letter if they are not in good standing nor will they receive any year end awards.

Playing Time

- Playing time is based on your ability. Your ability is assessed by the coaching staff. Coaches should be transparent about where you stand on the depth chart
- We encourage you to talk to your individual coach about anything. Any problems that can't be resolved with your individual coach will be referred to Coach Lossow.

Policies for Each Team

- Varsity and JV will practice together. Varsity and JV will comprise 10th, 11th and 12th Graders. Those who do not play the majority of the Varsity Game will play in the JV Game.
- Not all players who suit up for the Varsity Game will play in the Varsity Game.
- Players that suit up for the JV Game will play in the JV game if they are in good standing with the team, have been attending practices, have a good attitude and are physically and mentally ready.
- B Team Players will be 7th, 8th and 9th Graders. These players will practice together. B Team players will play in their "B" Games if they are in good standing with the team, have been attending practices, have a good attitude and are physically and mentally ready.
- There can be exceptions to the make up of these teams. An example of that would be, a "B" Team Player may suit up for a Varsity Game

Other Rules/Expectations

- See the MSHSL Rules for Drug and Alcohol Violations and Behavior Violations.
- Academic and Attendance Standards are set by the Minneapolis Public Schools. Minneapolis expects you to attend all of your classes and maintain a 2.0 GPA. Exceptions do apply. If you have academic concerns talk to one of the coaches.
- No cussing or negative talk about your Roosevelt Football Family. A wise proverb says, "Whoever guards his mouth and his tongue keeps himself out of trouble."
- No Walking on the field
- Your helmet is either on your head or in your hand. Don't leave them lying around on the field.