

# **Basketball Court Etiquette**

Seaforth High School

Men's Varsity Basketball Team

1. Players should arrive at practice at least 5 minutes prior to start time.
2. Once practice starts (*on coach's whistle*), players should sprint to half court fully engaged and ready to go.
3. Absolutely, no horseplay at practices and games! No exceptions.
4. Players **MUST** hold each other accountable. Failure to do so will result in entire team being penalized.
5. Be coachable! Accept feedback or constructive criticism as a positive, then act on it.
6. Be the ultimate, unselfish teammate. It's the highest act you can perform. Help and look out for each other.
7. Everyone is of equal importance. No matter if you're a starter, last person on bench or manager, no one is more important than anyone else.