24-Hour Rule Agreement

Emotions can run high after athletic games and/or practices. To promote a positive and respectful environment, and to allow for thoughtful, calm, and constructive communication, JCHSS has adopted the “24-Hour Rule” for all parents, guardians, student-athletes, and affiliated spectators.

Parents, Guardians, student-athletes, and any other spectators affiliated with the athlete are not permitted to approach or initiate communication (in person, by phone, email, text, or social media) with a coach, team official, or organization board member to discuss any “negative” game or practice situation, coaching decision (e.g., playing time, positions, strategies), or official’s call until at least twenty-four (24) hours have passed from the completion of the event or practice.

After the 24-hour period has elapsed, parents/guardians/athletes can initiate communication with the coach via an agreed upon method (i.e. email, scheduled meeting, etc.). This allows both parties to reflect and engage in productive conversation.

Failure to comply with the 24-hour rule will be considered a violation of this agreement and will result in disciplinary action. A first offense will result in a warning. A second offense will result in the student-athlete being suspended from the following game. A third offense will result in the further suspension of the student-athlete and a possible suspension for the remainder of the season.

By signing this agreement, all parties acknowledge they have read, understand, and agree to adhere to this 24-Hour Rule policy.

Athlete name

Athlete Signature

Parent Signature

Date