

CLUB REGULATIONS

MKS POLKOWICE

1. The Regulations are valid from June 10, 2022 until further notice.
2. The regulations apply to all players, coaches and employees of the Club.
3. The players undertake to represent the Club with dignity both during and outside matches, training sessions, maintain good physical condition and actively participate in all training sessions, classes and matches, as well as conscientiously follow the coach's instructions and undergo mandatory medical examinations.
4. Competitors undertake to: use appropriate supplements as directed by medical staff and under the strict supervision of a wellness coach,
5. do not make statements or behave in a way that harm the good name of the Club, management board, employees, coaches and other players.
6. make every effort to maintain in the best possible condition
7. regular and punctual participation in training classes, competitions and other events organized by the Club,
8. In case of any ailments and injuries, follow the recommendations of the team's medical staff.
9. During training, matches and sports training camps, the athlete is strictly prohibited from smoking tobacco products, drinking alcohol and using stimulants.
10. The Club has the right to terminate the contract with the Player in the event of the Player's two unexcused absences from matches.
11. The Club has the right to deduct the following contractual penalties from the Athlete's current remuneration for each violation of the following rules: unjustified lateness for a video session or training in the amount of 5% of the contractual remuneration,
12. unjustified late arrival at the pre-match meeting in the amount of 10% of the contractual remuneration, unjustified failure to show up for training in the amount of 20% of the contractual remuneration,
13. first unjustified failure to appear for a match in the amount of 50% of the contractual remuneration, unhealthy lifestyle in the amount of 10% of the contractual remuneration,
14. smoking cigarettes in the amount of 10% of the contractual remuneration, failure to observe night curfew in the occupied apartment - in the amount of 5% of the contractual remuneration,
15. for each intervention of the police, municipal guards or people living in the building in the amount of 5% of the contractual remuneration.

