

“Discipline should be fair, firm, and consistent.”

- Pat Summitt

Be fair: The fewer rules you have, the fewer rules will be broken.

Be firm: You have to be willing to set a precedent. It's no good just announcing a set of rules.

Be consistent: The implied content of any rule is, this is a priority. This is important enough to make it a rule; and this is the reward if you adhere to it, this is the penalty if you don't.