



Innisfail Minor Lacrosse Association

2024 Player Code of Conduct for U15 & U17

Membership in IMLA is a privilege, not a right. Members must abide by the Bylaws and Policies & Procedures of IMLA. Members' behavior is expected to reflect the spirit of this code. All players must sign this form before being allowed to participate in IMLA.

- I will respect and adhere to all the ideals, policies and rules determined by CLA, ALA, IMLA and shall be subject to IMLA Discipline Protocol (See Regulation 12 of [IMLA Policies and Procedures](#))
- I will play lacrosse because I want to, not because others want me to;
- I will remember that winning isn't everything – that having fun, improving skills, making friends and doing my best are also important.
- I will remember that this is a team sport and that team success should always come before personal statistics.
- I will show respect for the feelings and abilities of my teammates and opponents and not be critical of their abilities.
- I will be a positive ambassador for IMLA and the sport of Lacrosse in all places representing IMLA.
- I will exhibit a high degree of sportsmanship, respect for others, teamwork and self-control at all times when representing my team and IMLA.
- I will refrain from using foul language, comments or behaviours that are disrespectful, offensive, abusive, racist or sexist;
- I will not participate in any kind of bullying, harassment or discrimination in the dressing room, on the floor, or on social media (Facebook, Twitter, Instagram, Tiktok, etc.). Violation of this rule will result in immediate disciplinary review.
- I will not bring any electronic devices (cell phone, I-pod, etc.) into the dressing room. Violation of this rule may result in discipline, up to and including expulsion from IMLA;
- I will control my temper – fighting and mouthing off will not be tolerated;
- I will respect the decisions, judgements and authority of the officials and coaches. I will remember that coaches and officials are there to help me;
- I will attend all games and practices on time or will contact the coach ahead of time.
- I will listen to my coach's instructions;
- I will ensure that my equipment is complete, safe and in good condition and worn correctly.
- I will not use illegal drugs or alcohol (at any time during the season) at any sanctioned minor lacrosse event. Violation of this rule will result in immediate disciplinary review by the IMLA Discipline Chairperson.
- I understand that a concussion is a serious brain injury that has both short- and long-term effects and that I do not need to lose consciousness to have a concussion.
- I understand that any blow to the head, face, or neck, or a blow to the body which causes a sudden jarring of the head may cause a concussion;



- I understand that if I suspect I might have a concussion I should stop playing the sport immediately and that continuing to play may increase my risk of more severe, longer lasting concussion symptoms.
- I will not hide my symptoms. I will tell my coach, trainer, parent, or other responsible person if I am concerned, I have had a concussion and/or experience any signs and symptoms of concussion following a collision;
- I understand I will not be able to return to play following a collision where I experience signs and symptoms of Concussion;
- I understand I will have to be cleared by a physician or qualified medical professional, preferably one with experience in concussion management, prior to returning to play.
- I acknowledge that I will be seen as an ambassador of my team, my association, my town, and my sport and will carry myself accordingly.

** IMLA reserves the right to discipline any team, player, parent, or coach (up to and including expulsion) for failing to abide by this Code of Conduct or for failing to comply with disciplinary action.

Print Name:

Signature:

Date: