



Players Code of Conduct:

- Respect your teammates, coaches, referees and opponents at all times.
- Give 100% effort at each practice and game.
- Learn and know the rules of lacrosse and abide by them.
- Support and encourage your teammates. Set a positive example.
- Wear the required equipment at all practices and games, and keep your equipment well maintained.
- Display good sportsmanship at all times, on the floor and as a representative of your team off the floor.
- Always acknowledge all good players, and/or performances - those of your team, and of your opponents.
- Remember that winning isn't everything and that having fun, improving skills and meeting new friends is equally as important.
- Don't be afraid to make mistakes, but learn from them.
- Be modest in victory and gracious in defeat.
- Remember that coaches and officials are there to help you. Accept their decisions and show them respect; Never argue with the official's decision.
- Learn from your coaches; practice hard, play smart, Have Fun!

Parents Code of Conduct:

- Avoid forcing your child to participate in a sport, and remember that your child is playing for His or Her enjoyment, not yours.
- Teach and practice good sportsmanship at all games and practices. You are role models!
- Learn and Know the rules of the game of lacrosse.
- Respect the Game, the Officials, the Coaches and remember that they are all Volunteers
- Follow the "24-hour rule"; if you have a complaint resulting from a game (or practice) situation, speak --with either the coach or team rep on the following day.
- Emphasize the fun of the game, the team, and always putting forth your best effort at all times.
- Encourage your child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- Teach your child that although it is fun to win, trying your hardest, and doing one's best is really the name of the game. It is not always about winning, it is about having fun and developing skills, and that can happen even if you don't win!
- Discuss fair play issues openly with your child. Encourage Him or Her to play by the rules and resolve conflicts without resorting to violence. Help them understand that violence is unacceptable in sport at any level.
- Be a supportive and fair spectator.
- Do not coach your child. Let players play and coaches coach, and support both positively.

