



## MDRA Player Code of Conduct

**(to be read by, or to, players and signed by player - U12+ to be read and signed at onset of season with coaching staff)**

MDRA strives to make ringette safe and fun for all players, their families and everyone involved. All players must have a positive attitude and follow rules on proper behaviour. These rules are called a "Code of Conduct" and are listed below. Please read the Player Code of Conduct carefully and sign on the line to show that you have read them. At least one of your parents must sign the form too. By signing, it means you will follow these rules both on and off the ice whether during practices, games or activities.

### **As a Player, I will:**

1. Play for the fun of it and by the rules, not to please my parents, or my coach.
2. Respect the officials, their judgment and decisions. Let my captain or my coach ask any necessary questions.
3. Control my temper – no disrespectful behaviour through words or physical behaviour - "mouthing off", throwing equipment, or any other disrespectful or abusive gesture towards my teammates, coaches, officials and/or other teams.
4. Work hard for myself and for my team; I know that my performance, and my team's performance, will benefit from my positive attitude and hard work.
5. I will make every effort to show up to scheduled practices unless I am sick or have something else planned. I will actively listen to my coach's instructions both on and off the ice. I understand that negative attitude, talking back and arguing, eye rolling and any other negative gestures are subject to sanctions and that repeated behaviour will be subject to sanctions that include, verbal/written warning to game suspension.
6. Be a good sport. Cheer all good plays even those made by the opposing team. Always shake hands/fist pump the other team and other team coaches after game play to show respectful sportsmanship.
7. Treat all players as I like to be treated. I will not bully or take unfair advantage of another player – this includes both on and off the ice as well as social media. If I make a competitive team, I will not brag or make B and C players feel badly about their ringette skill levels.
8. Remember the goals of the game are to have fun, improve my skills, and feel good about myself.
9. Cooperate with my coach, teammates, referees and opponents; without them, there is no game.

Player name (printed)\_\_\_\_\_ Player (signature)\_\_\_\_\_ Date \_\_\_\_\_

Parent name (printed)\_\_\_\_\_ Parent (signature)\_\_\_\_\_ Date \_\_\_\_\_



\_\_\_\_\_ My player cannot read so I have read these to her/him