



2026 NDLA ATHLETE CODE OF CONDUCT

The NDLA acknowledges the need to support our athletes, coaches, volunteers, and officials. We want to set the expectations regarding Athlete conduct and have developed this code of conduct to make this clear for all involved to ensure a successful season. Every athlete will be asked to review this document and then sign and return to your team manager. At any point in the season if the Code of Conduct is not followed you may be asked to leave an event. This could result in a warning or suspension of the athlete.

Athlete: I hereby state that:

- I will use every effort to be a positive member of my team and always exhibit good sportsmanship during lacrosse.
- I will keep in mind that this is an extra-curricular activity and will keep my behavior at an appropriate level so that I may participate with my teammates.
- I will attempt to attend and actively participate in every practice and event that is scheduled. If I am unable to make it, I (my family) will inform my coaches that I will be missing the event.
- I will practice and play to the best of my ability within the rules of lacrosse.
- I recognize that I am playing a team sport, my team's success is more important than my own personal success.
- I will not criticize the performance of another teammate, a coach's decision, a referee's call, or an opponent.
- I will conduct myself in a respectable manner at practices and games.
- I will not attempt ever to deliberately injure any other player during practices or games.

In addition, as Nanaimo Timbermen, athletes are also members of the British Columbia Lacrosse Association and subject to the Following Fair Play Codes

BCLA FAIR PLAY CODES FOR ATHLETES

1. I will participate because I want to, not just because my parents or coaches want me to.
2. I will play by the rules, and in the spirit of the game.
3. I will control my temper – fighting and mouthing off can spoil the activity for everybody.
4. I will respect my opponents.
5. I will do my best to be a true team player.
6. I will remember that winning isn't everything – that having fun, improving skills, making friends, and doing my best are also important.
7. I will acknowledge all good players/performances – those of my team and of my opponents.
8. I will remember that coaches and officials are there to help me. I will accept their decisions and show them respect.

ATHLETES NAME and SIGNATURE

I, _____ realize that failure to follow these regulations can and will result in loss of game time, and or suspension from athletic participation.
