

# Penguins Boys Youth Lacrosse

## CODE OF CONDUCT

### Players

1. Respect your teammates, coaches, referees and opponents at all times.
2. Give 100% effort at each practice and game.
3. Know the rules of the game of lacrosse and abide by them.
4. Support and encourage your teammates. Set a positive example.
5. Wear the required equipment at all games and practices, and keep your equipment well maintained.
6. Display good sportsmanship at all times on and off the field.
7. Don't be afraid to make a mistake; that's part of learning.
8. Learn from your coaches; practice hard; play smart; Have Fun!
9. Be modest in victory and gracious in defeat

### Coaches

1. A coach is a role model, who must act with the highest moral character possible.
2. Coaches must reinforce the self-image of each player. A coach must be positive and constructive.
3. Respect the game of lacrosse. Respect the officials.
4. Know & teach the rules of lacrosse. Abide by those rules in practices and games.
5. Establish objectives for the team and players and inform them of team and individual goals.
6. Teach and practice good sportsmanship at all games and practices.
7. Be modest in victory and gracious in defeat.

### Parents

1. Teach and practice good sportsmanship at all games and practices. You are role models!
2. Know the rules of the game of lacrosse.
3. Respect the game of lacrosse. Respect the officials. Respect the coaches, who are volunteers.
4. Do not coach your child. Let players play and coaches coach, and support both positively.
5. Do not EVER criticize other players irrespective of the circumstances.
6. The referees are only to be approached and spoken to by the head coaches of each team. Please respect the coaches and officials by allowing them to handle all game circumstances.

7. Follow the "24 Hour Rule"; if you have a complaint resulting from a game (or practice) situation, speak with the coach or appropriate organization member on the following day.
8. If there is a serious problem, notify either the head coach, Division Lead or the President of the Penguins.
9. Emphasize the FUN of the game and the team, putting forth 100% effort at all times, not wins and losses.

## **All**

1. Any conduct, including abusive language and/or gestures, racially insensitive remarks, damage to property or belongings, or any other conduct that reflects poorly on yourself or the Penguins is unacceptable and will not be tolerated. This rule applies to all players, parents, siblings and guests at all times when in or around any Penguins Lacrosse games, practices, and/or functions.
2. During a tournament or game when you are away, you represent your team, your community, and the game of lacrosse. Any conduct unbecoming or any other conduct that reflects poorly on yourself or the Penguins will not be tolerated. This rule applies for the entire time one is away for a game or tournament.
3. The referees are only to be approached and spoken to by the head coaches of each team. Please respect the coaches and officials by allowing them to handle all game circumstances.
4. You must pick your kid up on time from practices. The coaches are not baby sitters.
5. The Board of Directors of the Penguins will address unacceptable conduct at its sole discretion, imposing warnings, suspension or expulsion, as the Board deems appropriate. ANY SUSPENSION OR EXPULSION BASED ON VIOLATIONS OF THE CODE OF CONDUCT WILL NOT BE ACCOMPANIED BY A FEE OR PAYMENT REFUND.