



## PTGLC Code of Conduct – Players & Parents

These Codes of Conduct are a covenant between PTGLC and its players and parents to abide by the rules and regulations of the game, as well as to maintain a cooperative attitude and uphold the ideals of fair play and sportsmanship. The Codes of Conduct can be summarized in the following three principles:

### 1. DEMONSTRATING A POSITIVE ATTITUDE

Players and parents are expected to show a positive, respectful attitude for everyone involved in the sport. Criticism and disrespect for officials, opponents, coaches or fans undermine the purpose of sport and encourage behavior contrary to the spirit of the game and the mission of the PTGLC.

### 2. SETTING A GOOD EXAMPLE

Each person associated with PTGLC is accountable for his/her own behavior at all times **on or off the field of play**. Parents, coaches and other adults should remember that children learn by example - it is up to the adults to set good examples. PTGLC will not tolerate conduct that is detrimental to the sport, the participants, or the community. Such conduct includes: Vulgarity by coaches, players or parents; harassment or belittling of officials, coaches or players; verbal abuse, threats or physical violence toward anyone before, during or after a match; and the taunting of opposing players, coaches and parents. We require thorough self-restraint by all participants - both players and adults.

### 3. MAINTAINING GOOD RELATIONSHIPS

**Officials** - The referee's job is a difficult one. All referees are human and they do make mistakes. Parents or players who believe their team has been treated unfairly or has been assigned an unqualified referee should speak to their coach **after** the game. Coaches should inform the appropriate league or tournament officials about blatant officiating problems. Verbal abuse toward a referee can result in a red card and ejection for the player, coach or parent. Referees have the authority to suspend play if a coach does not control his players and parents/supporters.

**Opponents** - Players and coaches are required to maintain a sense of fair play and be respectful of opposing players, coaches and fans at all times. Sportsmanship begins with respect. Occasionally we will encounter opponents who do not share our values and high standards. If we allow ourselves to be drawn down to their level, we will have lost regardless of the final score.

**Our Own Team** - In an environment where our children are competing not only against other teams but also frequently against each other, it can be difficult to control jealousies and rivalries. A successful team player puts their own needs second to the greater good of the team. Great care must be taken not to undermine the coach's authority. As in most cases, parental example is all-important.

### PLAYER CODE OF CONDUCT

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

1. Play the game for the game's sake, and not just to please my parents or coach.
2. Be modest and generous when I win and gracious when I lose.
3. Respect the game of lacrosse and its laws, learn these laws and try to follow them, and play the game fairly.
4. Work for the good of my team and give my best effort at all times.
5. Show respect for the authority of the referee, even though I will sometimes disagree with his/her calls.
6. Show good sportsmanship before, during, and after games. I understand that lacrosse is a game, and that the players on the other team are my opponents, not my enemies.
7. Conduct myself with honor and dignity and treat other players as I would like to be treated.
8. Help my parents and fans understand the laws of the game so they can watch and enjoy the game better. I will be sure they understand that dissent is not appropriate or permitted at league or tournament games.
9. Control my temper and not retaliate, even if I believe I have been wronged.
10. Not use or possess tobacco, alcohol, or illegal or performance-enhancing drugs.

*Player consequences will be determined by the team coach and Executive Board for violations of the player Code of Conduct.*



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### PARENT CODE OF CONDUCT

As a parent, you play a special role in the development of your daughter, and of her teammates. Your encouragement and good example will do more to ensure good sportsmanship and self-discipline than any other influence. The other team is the opponent, not the enemy, and should be treated with respect. While winning is important, playing well and fairly is the essence of the game.

#### 1. SUPPORT YOUR CHILD

Support your child by giving encouragement and showing interest in his/her team. Help your child work toward skill improvement and good sportsmanship in every game. Teach your child that hard work and an honest effort are often more important than victory.

#### 2. BE SUPPORTIVE AND YOUR CHILD'S BIGGEST CHEERLEADER

Children learn more by example than by criticism. Work to be a positive role model, and reinforce positive behavior in others. Applaud good plays by others on your child's team as well as good plays by the opposing team. Do not criticize any child's performance from the sidelines. Accept the results of each game. Teach your child to be gracious in victory and to turn defeat into victory by learning and working toward improvement.

#### 3. DON'T BE A SIDELINE COACH OR REF

Refrain from coaching or refereeing from the sidelines. Parents who shout or scream from the sidelines often give inappropriate advice at the wrong time. The coach should be the only sideline voice. Remain well back from the sidelines and within the spectator area. You and your child will both enjoy the game more if you put some emotional distance between yourself and the field or play. Officials are symbols of fair play, integrity and sportsmanship - Do not openly question their judgment or honesty.

#### 4. DEMONSTRATE A POSITIVE ATTITUDE TOWARD YOUR OPPONENTS AND THEIR FAMILIES

Opponents are not enemies. Take care to show good hospitality at home and to represent PTGLC in a positive way when playing other clubs. Never allow yourself to be drawn into a verbal disagreement with opposing parents or coaches. No one has ever regretted letting "cooler heads prevail."

#### 5. REMEMBER THAT YOUR CHILD WANTS TO HAVE FUN

Your child is the one playing lacrosse, not you. Children must establish their own goals - to play the game for themselves. Take care not to impose unreasonable demands on your child. Let your children experience the fun of playing as well as the challenge of excelling.

### GENERAL EXPECTATIONS OF PTGLC PARENTS:

**They will set a good example for their child in her lacrosse development by adhering at all times to the following. I/We will:**

- Not criticize the referee openly or directly, during or after games. Any criticism shall be done in writing, sent to my coach and/or my club representative, not verbally.
- Give only positive feedback to players.
- Cheer at all games within the spirit of fair play and shall do our best to cheer the effort regardless of the outcome. We will be mindful in "lopsided" game where cheering our own "winning" team might be misunderstood.
- Do our best to teach our players to become students of the game.
- Show the quality of our sportsmanship during and after each game and help our child remember to thank the referee after the match without regard to the result.
- Do our very best to have our child prepared for every game.
- Support the learning efforts of the players, the coaches, and the referees by demonstrating our patience.
- Understand that improper behavior at a game may result in a parent being asked to leave the field by the referee, the PTGLC, or a club official so the coach does not receive a yellow card caution or a red card ejection due to the action of the parent spectator.



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- Leave the coaching to the coach during the game. We shall not give our child instructions during the game.
- Understand that the leagues can, and will if necessary, suspend our individual privilege to watch our child play should we behave in a manner that is rude or otherwise offensive.
- Agree to do our best to have as much fun watching the game as the players should have playing the game.

## 24 HR RULE

The 24hr rule is a rule that is in place to help keep peace between the coach and parents. *The rule is simple: Parents are not allowed to approach the coach about issues until 24hrs after the competition.*

Reasons for the rule:

1. To allow the parent's to calm down after the issue has developed
2. Allow the coach to calm down after the competition
3. Give parents and coaches time to think about the problem
4. To prevent any unnecessary acts or scenes in front of players and other parents
5. Calmer heads will prevail
6. To stop any embarrassing moments in front of the Players or child
7. The hope that time to think about the issues will help to solve the problem in a positive manner and the right resolution

## VIOLATIONS OF THE PARENT CODE OF CONDUCT

Violations of the Parent Code of Conduct may result in:

- A Parent being suspended and/or removed from a game/tournament by a referee for misconduct.
- A Player being benched by the team's coach for parent misconduct before, during, or after a game.
- A Member or Family could be released from the Club.

I hereby agree to these Codes of Conduct as outlined above by the PTGLC

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Player Signature

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Date

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Parent Signature

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Date