

# Lampeter-Strasburg Boys Youth Lacrosse Code of Conduct

## Code of Conduct

It is the goal of the Lampeter-Strasburg Boys Youth Lacrosse (LSBYL) board to foster a reputation of knowledgeable, respectful and competitive participants in our program. In order to facilitate this goal, the Lampeter-Strasburg Boys Youth Lacrosse program has created this **Code of Conduct** to help promote and encourage good sportsmanship, respect for the game, and respect for each other. In order to participate in the program, each participant (players, parents/guardians, and coaches) must agree to the **Code of Conduct** as outlined below.

All participants in the Lampeter-Strasburg Boys Youth Lacrosse program (players, parents/guardians, and coaches) are required to read the **Code of Conduct** and then sign and date the **Agreement Form** in the designated space. By signing the **Agreement Form**, each participant agrees to meet and adhere to the **Standards** as outlined below.

A signed and dated copy of the **Agreement Form** must be returned to the Head Coach prior to the first official practice. Any player, who has not turned in a signed and dated form, will NOT be allowed to practice or play with the team until the form has been turned in.

# Lampeter-Strasburg Boys Youth Lacrosse

## Code of Conduct

### Athlete Standards

#### General Expectations

- All players are expected to take “ownership” of their actions and attitude and should be aware of how their actions and attitude impact their teammates, coaches, referees and opponents. Our focus is on making each other better and our players are expected to “own” that attitude. Our motto is “Point Thumbs, Not Fingers.”
- Players will aspire to give maximum effort during all games and practices, will be fully committed to all team goals and will strive toward a “team first” attitude both on and off the field.
- Players are expected to “own” accountability for team information, knowing team systems, and performing at their peak in each practice and game.
- Each player is expected to take “ownership” of their equipment. Players who arrive at practice or games without all necessary equipment in “game-ready” condition will not practice/play. Players must have a mouthpiece and protective cup at every practice and game. Players without these items will not practice/play, no exceptions.
- Players are responsible to clean up after practice and games. This includes collecting of balls, cones, etc. as directed by the coaching staff. This also includes keeping the team bench organized and in order during games.
- Players may not be on the practice field or game field without full equipment other than at the direction of a coach.
- Players are expected to accept coaching and adjustments, during practices and games, and are expected to take “ownership” for the implementation of those coaching points.
- Players may not verbally harass any other individual or team at any time (this includes trash talking, taunting, hazing, bullying, name calling, and making threatening remarks).
- Inappropriate language will not be tolerated.
- Players may not physically confront any other player, coach, referee, parent, or spectator at any time. This includes following a game’s conclusion. Any player who violates this policy will be banned from all Lampeter-Strasburg Boys Youth Lacrosse functions.
- Players are expected to treat each other, the coaches, our opponents and the referees with respect. Disrespectful behavior will not be tolerated. See also “Treatment of Referees.”

#### Practice Expectations

- Each player is expected to be at every practice and game. See also “Missed Games & Practices Policy”.
- All players are expected to be at practice, suited up and ready to begin at the designated starting time. Each player must remain at practice until practice is dismissed, unless excused by coach.
- Each player is always expected to be focused on lacrosse while in attendance. Outside distractions are to be left off the field.
- When coaches or teammates are talking, all team members are expected to be silent, listening, and open to ideas. This means attentive, respectful body language and not distracting others.
- Players must be fully equipped for each practice, including mouth guard (not clear or white), protective cup, and, ideally, a back-up stick.
- Each repetition of each drill in each practice is an opportunity to get better at lacrosse. Each player is expected to put his greatest effort into performing each skill at the highest level always. This means hard work and commitment to detail to make your team better.
- Each player will approach each activity, team system, and coaching point with a positive attitude and desire to learn and improve. Each player is expected to take “ownership” of their own improvement.
- Each player should have his blue/white pinnie at every practice. Other practice clothing (shorts, shooter shirts, sweats, socks, etc) should be white, blue, black or grey.

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## Game Expectations

- Each player is expected to respect the game. Its traditions are too valuable and lasting to tolerate disrespect to rules, opponents, officials, teammates, or spectators.
- Each player is expected to be prepared to enter the game at any moment while on the sideline. A player who is not in full equipment will miss a shift – this especially means helmets stay on while on the sideline always.
- Each player is expected to focus on “winning the composure game.” Negative comments and actions have no place on the field nor on the sideline. Each player is responsible for playing and acting with his emotions in check.
- Each player is expected to play his hardest and make the most of his playing time while on the field. Anything other than 100% effort is an insult to everyone who cares about our program, our community, and lacrosse.
- Each player is expected to wear only team colors for every game. Game socks should be white only. Shooter shirts (under game pinnies) should be white or blue and ideally should match our game jersey for that game. (White under white, blue under blue.)
- Each player must be fully equipped for each game, including mouth guard (not clear or white), cup, and, ideally, a back-up stick.

## Missed Game and Practice Policy

- Attendance at games and practices is mandatory.
- All absences, regardless of the reason for the absence, require advance notification to the coaching staff, within reason.
- An unexcused absence will result in missing 1 quarter of game time in the game immediately following the absence. Two unexcused absences in one week will result in missing 2 quarters of game time in the game immediately following the absences. More than 2 unexcused absences in a week will result in missing the entire next game.
- While excused absences will not result in an automatic loss of playing time, all players are expected to know our offensive/defensive sets and schemes, our rides, clears, man down and extra man sets, etc. Missed practice time impacts a player’s ability to grasp and implement these concepts and could, at the coach’s discretion, result in less playing time.
- Players who are serving a full game suspension for violation of the above rules are expected to attend the game and stand on the sidelines with their teammates.

## Fighting Policy

- We will have a zero-tolerance policy toward fighting. If you are guilty of fighting at any time you will be suspended from game play for as long as the coaching staff feels necessary.

## Cell Phones

- Cell phone use is strictly prohibited during games and practices. Cell phones should be kept out of reach and all players are expected to give 100% of their attention to the task at hand and should be 100% focused on lacrosse while on the practice/game field.

# Lampeter-Strasburg Boys Youth Lacrosse Code of Conduct

## Parent/Guardian Standards

- Parents/Guardians will promote, encourage, and always exhibit good sportsmanship.
- Parents/Guardians will be positive role models and will lead by example in actions and words.
- Parents/Guardians are encouraged to attend games whenever possible. Parents/Guardians are also encouraged to cheer on the players. However, all cheering must be positive in nature and in content.
- Parents/Guardians must let the coaches "do the coaching". Parents/Guardians will refrain from giving their child advice while he is practicing or playing.
- Parents/Guardians will not harass or otherwise interfere with the referee's ability to officiate or to maintain control of a game. Parents/Guardians are entitled to their opinions on judgment calls, but must keep in mind that all referee calls are final.
- Inappropriate language will not be tolerated.
- Parents/Guardians are not allowed to harass or otherwise verbally abuse any player, coach, referee or other spectator. Particular attention must be paid to respecting all of the referees assigned to our games. See also "Treatment of Referees."
- Parents/Guardians may not physically confront any player, coach, referee, parent, or other spectator at any time. This includes following a game's conclusion.
- Parents/Guardians who are upset regarding a situation or circumstance that involved their child must wait 48 hours after the incident occurred before approaching the Head Coach to discuss. Players and parents are expected to honor the 48-hour rule.

## 48 Hour Rule

Parents/Guardians who are upset regarding a situation or circumstance that involved their child must wait 48 hours after the incident occurred before approaching the Head Coach to discuss. This is essentially a "cooling-off" period designed to help reduce emotionally charged on-field confrontations. All discussions and interactions that occur after the 48 Hour period must be conducted in a mature, polite, civil, and non-intimidating manner. This includes all forms of communication (face-to-face discussions, emails, etc).

# Lampeter-Strasburg Boys Youth Lacrosse Code of Conduct

## Treatment of Referees

We will have a zero-tolerance policy toward the disrespectful treatment of referees and game officials. All calls are final and will not be disputed by any player at any time. What constitutes the violation of this policy will be entirely at the discretion of the head coach and the penalty for violation of this policy will be as follows:

- Violation #1: A verbal warning from the coaching staff.
- Violation #2: The player will sit out the remainder of the game in which the violation occurred. If violation #2 occurs in the fourth quarter or after the game, the player will sit out the first half of the next game.
- Violation #3: The player will sit out the remainder of the game in which the violation occurred and the entire following game.
- Violation #4: The player will sit out the remainder of the game in which the violation occurred and the entire following game and a meeting will be scheduled with the player and his parent/guardian to determine game eligibility going forward.

Players who are serving a full game suspension for violation of the above rules are expected to attend the game and stand on the sidelines with their teammates.

## Failure to Comply with the Code of Conduct

The terms of the **Code of Conduct** apply to **ALL** participants in the Lampeter-Strasburg Youth Lacrosse program (players, parents/guardians, and coaches). Failure to uphold or comply with the **Code**, set forth above, will result in appropriate disciplinary actions. Failure to uphold or comply with the **Code** will be determined by the Head Coach, and any major issues will be brought to the attention of the LSBYL Board, if necessary.

This year we will implement the following procedures for failure to comply with the Standards set forth in this Code of Conduct.

- **First failure to comply:** Meeting including Coach, Player, and/or Parents
- **Second failure to comply:** Meeting including President of the LS Youth Lacrosse Program, Coach, Player, and/or Parents; Game Suspension(s)
- **Third failure to comply:** Meeting including President of the LS Youth Lacrosse Program, Coach, Coach, Player, and/or Parents; Removal from the team

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## Coaches Behavior

- Coaches will be prepared for all practices and games and expect the players to be as well.
- Coaches will lead by example and will always be positive role models by displaying good sportsmanship .
- Coaches will teach their players the rules of lacrosse and will see that those rules are followed.
- Coaches will honor the game by conducting every game within the rules of lacrosse.
- Coaches will not harass or otherwise interfere with a referee's ability to officiate a game. All referee's decisions are final. A coach may discuss judgment calls with a referee during a time out or between periods. This discussion must occur in a mature, polite, civil, and non-intimidating manner.
- Coaches will not verbally abuse any player at any time, whether from their own team or from the opposition.
- Coaches may not physically confront any player, coach, referee, parent, or spectator at any time. This includes following a game's conclusion. Any coach who violates this policy will be banned from all Lampeter-Strasburg Youth Lacrosse functions.

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## Code of Conduct Agreement Form

The terms of the **Code of Conduct** apply to **ALL** participants in the Lampeter-Strasburg Youth Lacrosse program (players, parents/guardians, and coaches). By signing the **Agreement Form**, each participant agrees to conduct themselves in a way that will help create a positive culture, a fun atmosphere, and a safe environment for all participants. In addition, by signing the **Agreement Form**, each participant agrees to meet and adhere to the **Standards** set forth in the Code of Conduct.

I hereby acknowledge that I have read the **Code of Conduct**, and I fully agree to meet and adhere to its **Standards** for the entire duration of the lacrosse season:

\_\_\_\_\_  
Player's Name (printed)

\_\_\_\_\_  
Player's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Legal Guardian's Name (printed)

\_\_\_\_\_  
Parent/Legal Guardian's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Coach's Name (printed)

\_\_\_\_\_  
Coach's Signature

\_\_\_\_\_  
Date

PLEASE RETURN THIS PAGE (ONLY) TO YOUR HEAD COACH.  
ALL OTHER PAGES ARE FOR YOUR REFERENCE.