



## **East County Lions Youth Football & Cheer Player Code of Conduct**

As a member of this team, I agree to:

### **1. Show Respect**

- Treat coaches, teammates, opponents, officials, and spectators with respect always.
- Use positive language and avoid bullying, teasing, or disrespectful behavior.
- Accept coaching and constructive feedback with a positive attitude.

### **2. Demonstrate Good Sportsmanship**

- Win with humility and lose with dignity.
- Encourage teammates and support one another.
- Shake hands with opponents and officials after games.

### **3. Be Responsible**

- Arrive on time and prepared for all practices, games, and team events.
- Wear the required equipment and uniform properly.
- Take care of team equipment and facilities.

### **4. Give Your Best Effort**

- Work hard during practices and games.
- Listen to coaches and follow team rules.
- Strive to improve skills, fitness, and knowledge of the game.

### **5. Put Team First**

- Support teammates on and off the field.
- Avoid selfish behavior that negatively affects the team.
- Represent the team positively in school, at home, online, and in the community.

### **6. Maintain a Positive Attitude**

- Encourage others and celebrate team success.
- Handle adversity, mistakes, and challenges with maturity.
- Focus on learning, improving, and having fun.

### **7. Play Safely**

- Follow all safety rules and instructions.
- Report injuries or health concerns immediately.
- Never engage in dangerous, reckless, or unsportsmanlike conduct.

### **8. Use Social Media Responsibly**

- Post content that reflects positively on yourself and the team.
- Do not post inappropriate, offensive, or disrespectful comments, photos, or videos.
- Respect the privacy of teammates, coaches, and families.

### **9. Missed Practices**

- If a player misses a practice once we move to a three-day-per-week practice schedule, they will not be eligible to play in that week's game.



### Consequences for Violations

Failure to follow this Code of Conduct may result in:

1. Verbal warning.
2. Meeting with coaches and parents/guardians.
3. Reduced playing time or suspension from team activities.
4. Removal from the team for serious or repeated violations.

### Player Commitment

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I understand that being part of this team is a privilege. I agree to follow this Code of Conduct and represent my team with integrity, respect, and sportsmanship.

**Player Name:** \_\_\_\_\_

**Player Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Coach Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_