



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.



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

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:** _____