# 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.

# 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.

# 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.

# 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 MTFL 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 MTFL lacrosse games, practices, and/or any 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 MTFL will not be tolerated. This rule applies for the entire time one is away for a game or tournament.

1. Wear the required equipment at all games and practices, and keep your equipment well maintained.
2. Display good sportsmanship at all times, on and off the field.
3. Don't be afraid to make a mistake; that’s part of learning.
4. Learn from your coaches; practice hard; play smart; Have Fun!
5. Be modest in victory and gracious in defeat.
6. Establish objectives for the team and players and inform them of team and individual goals.
7. Teach and practice good sportsmanship at all games and practices.
8. Be modest in victory and gracious in defeat.
9. 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.
10. 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.
11. If there is a serious problem, notify either the head of your respective team or a MTFL Board member.
12. Emphasize the FUN of the game and the team, putting forth 100% effort at all times, not wins and losses.
13. The Board of Directors of the MTFL will address unacceptable conduct at its sole discretion, imposing warnings, suspension or expulsion, as the Board deems appropriate.
14. Any use of Tobacco, Alcohol or Drugs at any MTFL event, practice, game (either home or away) is strictly prohibited. If a parent or player is found in violation of this conduct they will be removed and reported to the authorities, if necessary.