

COMMONWEALTH YOUTH LACROSSE ASSOCIATION

Swift Creek Field Hockey and Swift Creek Lacrosse

CODES OF CONDUCT

CYLA has always encouraged good sportsmanship in its programs. In fact, "Good Sportsmanship" is one of the five philosophies listed in the **CYLA** Bylaws. **CYLA** strongly emphasizes that its programs promote good sportsmanship through dynamic instruction.

Elements of these programs may vary from Field Hockey and Lacrosse, but all define the conduct of players, coaches, referees and even parents. They explain the fundamentals of good behavior—which is simply showing courtesy and respect for all involved in the game.

We believe that if players, volunteers and parents understand what is expected of them when it comes to good sportsmanship that will be reflected in how they act. **CYLA** is proud of its many programs, but understands that good sportsmanship doesn't just happen. It needs to be taught, encouraged and demonstrated.

PLAYERS CODE

- Play for the fun of it, not just to please your parents or coach.
- Play by the RULES of the Game.
- Never argue with or complain about referees' calls or decisions.
- Control your temper. Most of all resist the temptation to retaliate when you feel you have been wronged.
- Concentrate on playing Field Hockey/Lacrosse with your best efforts. Work equally hard for your team as for yourself.
- Be a good sport by cheering all good plays, whether it is your teams or your opponent's.
- Treat all players as you would like to be treated.
- Remember that the goals of the game are to have fun, improve skills and feel good. Don't be a showoff or a ball hog.
- Cooperate with your coaches, teammates, opponents and the referees.
- Wear proper uniform during game play. Please refer to the CYLA rules and regulations for more information.

Referees Code

- Always remember that the game is for the players. Player safety and fair play come first.
- Study and learn the RULES of the Game and understand the “spirit” of the RULES. Help fellow referees do the same.
- Encourage and enforce the CYLA philosophies of “Everyone plays,” “Positive Coaching” and “Good Sportsmanship.”
- Respect other referees’ decisions, and do not criticize another official.
- Wear the proper uniform and keep it in good condition.
- Maintain good physical condition so you can keep up with the action.
- Stay calm when confronted with emotional reactions from players, coaches and parents.
- Honor accepted game assignments. In an emergency, find a replacement.
- Support good sportsmanship with a kind word to players, coaches and parents of both teams when deserved.
- Always be fair and impartial, avoiding conflicts of interest. Decisions based on personal bias are dishonest and unacceptable.
- Adhere to CYLA rules and regulations at all times, refer to Section D.

Parents Code

As a parent, you have a special role in contributing to the needs and development of youngsters. Through your encouragement and good example, you can help assure the effectiveness of the CYLA program.

- **Support Your Child**
Support your child by giving encouragement and showing an interest in his or 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. Your child will be a winner, even in defeat.
- **Always Be Positive**
Parents are not participants on their child’s team. However, they do contribute to the success experienced by their child and the team. Parents serve as role models for their children. Applaud good plays by your child’s team and by the opposing team. Support all efforts to remove verbal and physical abuse from youth sporting activities.
- **Be Enthusiastic and Supportive**
Let children set their own goals and play the game for themselves. Be careful not to impose your own standards and goals on your child. Don’t put too heavy a burden on your child to win games. Surveys reveal that 72

percent of children would rather play for a losing team, than ride the bench for a winner.

- **Reinforce Positive Behavior**

The best way to help a child to achieve goals and reduce the natural fear of failure is through positive reinforcement. No one likes to make a mistake. If your child does make one, remember that he or she is still learning. Encourage your child's efforts and point out the good things your child accomplished.

- **Let Coaches Coach and Ref's Ref**

Coaches and referees are usually parents. They volunteer their time to help make your child's youth Field Hockey/Lacrosse experience a positive one. They need your support too. What coaches and referees don't need is your help in coaching from the sidelines. Please refrain from coaching during games and practices. Referees are not the "bad guys." They are volunteers too, and need your support and encouragement. Treat them and their calls fairly and respectfully.

Coaches Code

- Enthusiastically support and practice the "Everyone Plays," "Good Sportsmanship" and "Positive Coaching" philosophies of CYLA.
- Be reasonable in your demands on a young player's time, energy, enthusiasm and performance on the Field Hockey/Lacrosse field.
- Impress on your players that they must abide by the RULES of the Game at all times.
- Develop team respect for the ability of opponents, and for the judgment of referees and opposing coaches.
- Ensure that your players' Field Hockey/Lacrosse experience is one of fun and enjoyment (winning is only part of it). Players should never be yelled at or ridiculed for making mistakes or losing a game.
- Set a good example and be generous with your praise when it is deserved. Children need a coach they can respect.
- Keep informed of sound principles of coaching, growth and child development.
- Check your equipment and playing facilities. They should meet safety standards and be appropriate for the age and ability of your players.
- Follow the advice of a physician when determining when an injured child is ready to play again.

For more information about our Code of Conducts refer to CYLA's Rules and Regulations.