

The League expects all participants to:

- Demonstrate exemplary sportsmanship and decorum at all times
- Demonstrate respect for all participants at all times, including teammates, coaches, opposing players, game officials, and spectators
- Be humble in victory and courteous in defeat
- Make no visible or audible complaints or protests about officiating during or after play of the game
- Refrain from harassing behavior that is unwelcome or offensive to the person or persons it is targeted toward
- Maintain control of his/her emotions and avoid actions, language, and/or gestures that may be interpreted by the other person as hostile, offensive, threatening, intimidating, derogatory, obscene, or humiliating; physical assault upon another participant at any time will not be tolerated
- Refrain from discriminating in providing participation or leadership opportunities based on an individual's gender, age, race, ethnicity, national origin, religion, sexual orientation, or any other legally protected characteristics
- Follow all field rules and regulations, respecting at all times the property of others; parents/guardians will be held responsible for property damage incurred by their child.

The League further expects Coaches to:

- Provide balanced direction and feedback to all players during practices and before, during, and after games encouraging and reinforcing positives whenever possible and constructively pointing out mistakes/opportunities for improvement
- Play by the letter and the spirit of the rules of the game
- Refrain from running up scores in lopsided games
- Seek out game officials in a calm, non-confrontational demeanor before or after the start of a period to ask about interpretation of a rule or to understand a game officials specific call or non-call
- Ensure that members and spectators of his/her team conduct themselves in accordance with this Code of Conduct at all times while in attendance at games and promptly address any issues with the team member or spectator behaving inappropriately.

The League further expects Players to:

- Attend and be on time for all practices and games or notify coaches in advance of their late arrival or absence
- Follow the direction of coaches, respecting the fact that they are giving freely of their own time to provide the opportunity to play football
- Play by the letter and the spirit of the rules of the game
- Demonstrate teamwork at all times
- Refrain from addressing game officials or commenting on their decisions during or after the play of the game; the team captain or their designee may address the game officials during the game, but only within the provisions of the rules and in a courteous, respectful manner.

The League further expects Parents/Guardians and Spectators to:

- Arrange for players to be at games and practices on time and ensure that coaches are notified in advance of late arrivals and absences
- Support coaches as requested and DO NOT coach from the sidelines
- Provide positive support and encouragement to the players
- Cheer for your team in a positive, supportive manner, refraining at all times from making hostile, negative, or abusive remarks about the opposing team

- Refrain from going onto the field during game time-outs or intermission; before each game only the teams warming up for the next game should be on the field.

Verbal Warning for Violation of Code of Conduct:

- Verbal warnings of a Code of Conduct violation can be issued by players, parents/guardians/spectators, coaches, game officials, or League Board Members
- If the Code of Conduct violation is not egregious, one verbal warning to stop the inappropriate behavior will be given, after which penalties can be issued by a coach, game official, or League Board Member
- If the Code of Conduct violation is egregious, no verbal warning will be given and penalties can be immediately issued by a coach, game official, or League Board Member

Penalties for Code of Conduct Violations:

- The offending person may be asked to leave the field for the rest of the day.
- If the penalty for a Code of Conduct violation is not specified below, the League Commissioner reserves the right to make the penalty decision. The League Commissioner must approve permission for any suspended player, coach, or spectator to participate in games subsequent to the incident for which they were ejected.

Penalties for Player or Coach Violation of Code of Conduct:

- Violations of the code of conduct during a game will result in a verbal warning from the game official.
- Behavior that is deemed excessively dangerous or disrespectful will result in an immediate ejection of the offender from the game field for the day. The game official will file a report with the Commissioner within 24 hours of an ejection for excessive behavior.
- All ejections from a game will be considered Code of Conduct violations, and the player or coach is automatically suspended for at least one (1) game.
- If a coach is ejected for arguing with a game official, the coach will be suspended for at least one (1) game.
- If a player is ejected for fighting, the player will be suspended for a minimum of two (2) games, with no exceptions. The player may still participate in team practices at the discretion of the team coach.
- If a coach is ejected for fighting, the coach will be suspended from the league, effective immediately.
- If a player or coach is ejected twice within the same season, they will be suspended from the league for the remainder of the season.
- Any player, coach or team member striking or shoving a game official will be suspended for the remainder of the season.
- If a player or coach disregards stated penalties when properly notified by the League Commissioner, the player/coach's team can be permanently suspended from league competition for the remainder of the regular and post season.

Penalties for Spectator Violation of Code of Conduct:

- Violations of the code of conduct during a game will result in a verbal warning from the game official.
- Behavior that is deemed excessively dangerous or disrespectful will result in an immediate ejection of the offender from the game field for the day. The game official will file a report with the Commissioner within 24 hours of an ejection for excessive behavior.
- If the spectator refuses to leave the field, the game official will stop the game, the team of the spectator will forfeit the game, and the spectator will be suspended from the league for the remainder of the season.
- If a spectator is ejected for fighting, the spectator will be suspended for a minimum of two (2) games, with no exceptions

- If a spectator is ejected twice within the same season, they will be suspended from the league for the remainder of the season.
- Any spectator striking or shoving a game official will be suspended for the remainder of the season.

Appeal of Penalties:

A written appeal of penalties may be made to the League Commissioner and must be received within twenty-four (24) hours of the penalty issuance, without exception. An email is an acceptable means for submitting a written appeal. The appeal of a penalty issued by a coach, game official, or Deputy Commissioner goes to the League Commissioner. The appeal of a penalty issued by the League Commissioner goes to the Deputy Commissioner. The person receiving the appeal will review the violation supporting information and appeal reports and render a decision within seventy-two (72) hours of receiving the written appeal. The decision on the appeal will be final.



HERNDON OPTIMIST NFL FLAG FOOTBALL
Code of Conduct

ACKNOWLEDGEMENT FORM

Season			
Division			
Team			
Role	Printed Name	Signature	
Head Coach			
Assistant Coach			
Assistant Coach			
	Printed Name	Signature	Parent Signature
Player			