



Norski Lacrosse Club

Code of Conduct

The Norski Lacrosse Club program is dedicated to providing opportunities for youth lacrosse players to develop athletic skills, physical fitness and overall life skills while participating in a team sport. Our goal is to have fun and teach fundamentals in a safe environment with the emphasis on team participation.

All players, parents or guardians, team volunteers, spectators and coaches are expected to maintain and demonstrate good sportsmanship throughout their association with Norski Lacrosse Club, Inc. The objective of this Code of Conduct is to encourage standards of behavior and positive attitudes while ensuring due process for misconduct.

Any team representative, coach, parent/guardian, team volunteer, official, opponent, or member of the Board may initiate an investigation of any incident by players, parents or guardians, coaches, officials, team volunteers, officers or members of the Board of Directors, which they believe violates any part of the Code of Conduct. The **Grievance Procedure/Form** can be found on the website at www.norskilax.org.

Player Code of Conduct:

- I will have fun!
- I will focus on following the instructions given to me by my coach.
- I will be a good sport (win or lose).
- I will be honest, and always show respect to all coaches, teammates, opponents, parents, fans, and officials.
- I will show dedication to the team on and off the field.
- I will represent the team in a professional manner.
- I will not use alcohol, tobacco, or any other illegal controlled substance.
- I will place personal goals aside for the betterment of the team.

Parent/Guardian Code of Conduct:

- I will not criticize or confront a coach in front of other parents, players, officials, spectators, etc.
- I will allow a cool down period of 24 hours before discussing any matters or filing a grievance against any coach, official, parent or player (unless eminent threat requires immediate action).
- I will accept and support the decisions of the board.
- I will set a positive example in personal conduct at all times.
- I will support the coach and refrain from "sideline coaching".
- I will refrain from using profanity.
- I will refrain from any unlawful or unwarranted physical contact with any player.
- I will abide by a doctor's decision in all matters of players health and injuries and physical ability to play.
- I will abide by all team rules, including arrival times for practices and games and attendance policies.
- I will accept the decisions of officials on the field as being fair and called to the best ability of the official's point of view. Parents must stay off the field and remain under control in order to set a good example for players and other spectators.
- I will not criticize an opposing team, its players, fans, coaches or team by words or gestures.
- I support the coaches, players and officials and will help teach the value of commitment to the teams, sportsmanship, ethical conduct and fair play.
- I agree that any inappropriate behavior is cause for immediate ejection from the sidelines. Repeat offenses will result in being barred from future games and league sponsored activities.
- I will not encourage children or any other person to engage in unsportsmanlike conduct with any coach, parent, player, participants, officials or any other attendees.



Norski Lacrosse Club Code of Conduct

Board Member/Officer Code of Conduct:

- I will not criticize or disclose any private information of any program member.
- I will expect all players and parents to be treated equally.
- I will strive to improve the program.
- I will accept and support the decisions of the board.
- I will not criticize or use profanity towards players, officials, opponents, coaches, fans or parents through language or gesture.
- I will refrain from any unlawful or unwarranted physical contact of any player.
- I will not use tobacco or be under the influence of alcohol or illegal drugs while in contact with youth athletes.
- I will set an example in personal conduct at all times.
- I will resign from my position if I place the program in jeopardy or turmoil.

Coaching Code of Conduct:

- I will not emotionally or physically abuse any players.
- I will teach the sport of lacrosse to all players equally.
- I will strive to allow equal playing time for all players.
- I will refrain from any unlawful or unwarranted physical contact of any player.
- I will accept the decisions of officials.
- I will not criticize or use profanity towards players, officials, opponents, coaches, fans or parents through language or gesture.
- I will strive to make lacrosse fun for the youth athletes involved.
- I will emphasize that winning a game is not the ultimate goal.
- I will refrain from "running up" the score against an opponent.
- I will not use tobacco or be under the influence of alcohol or illegal drugs while in contact with youth athletes while coaching games, scrimmages, practices or tournaments.
- I will set a positive example in personal conduct at all times.
- I will learn the strengths and weakness of all players in order to place them into situations where each has a maximum opportunity to achieve success.
- I will protect the health and safety of all players by insisting that all of the activities conducted consider their psychological and physiological welfare, rather than the interests of adults.
- I will report any child abuse immediately to the authorities.

Violations to the Code of Conduct and Disciplinary Actions:

- Minor Violations include improper behavior such as fighting, arguing with officials or coaches, dishonesty, disruptive behavior, and swearing. Anyone guilty of such behavior shall receive a one to twenty day suspension as determined by the Norski Lacrosse Board.
- Major Violations such as the use of drugs, alcohol, tobacco, and/or any criminal activity could result in expulsion as determined by the Norski Lacrosse Board.

Failure to uphold this Code of Conduct will jeopardize your involvement in the Norski Lacrosse Club.

Player Signature

Parent/Guardian Signature

Parent/Guardian Signature