

Sehome Lacrosse Code of Conduct

Players, Parents/Guardians, Coaches and other Sehome Lacrosse members are bound by the following Code of Conduct. Membership in our organization is a privilege, not a right, and that privilege can be revoked. Players, Parents and Coaches are expected to read and understand the rules set forth by our club. Parents, Players and Coaches alike who violate the Code of Conduct may be suspended or expelled from Sehome Lacrosse Club, without refund or compensation of any kind, at the sole discretion of Sehome Lacrosse Club Directors and/or Coaches. Directors and/or Coaches also have the right to deny future membership in Sehome Lacrosse Club to any Player, Parent or Coach who violates the Code of Conduct. Members are also expected to adhere to all rules and regulations of US Lacrosse (USL). Additional information can be located on these websites:

www.SehomeLacrosse.com

www.lacrosse.org

Membership in Sehome Lacrosse Club belongs to each participating family. Therefore, any part of the family - Player or Parent- who fails to abide by the Code of Conduct puts the entire family's membership at risk.

Sehome Lacrosse Club Players, Parents and Coaches are to conduct themselves in a manner that "Honors the Game" and demonstrates respect to other Players, Coaches, Officials, Parents and spectators. In becoming a member of the Sehome Lacrosse Club community and the Lacrosse community overall an individual assumes certain obligations and responsibilities to the game of Lacrosse and its participants.

The essential elements in this "Code of Conduct" are HONESTY and INTEGRITY. Those who conduct themselves in a manner that reflects these elements will bring credit to the sport of Lacrosse, themselves, their teams, and their organization. It is only through such conduct that our sport can earn and maintain a positive image and make its full contribution to youth sports in the United States and around the world.

We expect the following behaviors from Players, Parents, Coaches, spectators and anyone else involved in Sehome Lacrosse Club:

1. The essential elements of the "Code of Conduct" must be adhered to.
2. Sportsmanship and teaching the concepts of fair play are essential to the game, and must be taught and developed both at home and on the field during Sehome Lacrosse practices and games.
3. Permitting, encouraging, or condoning performance that is dangerous or demeaning to a Player, Coach, Official, spectator, or anyone connected with the function of the game of Lacrosse is unacceptable.
4. The emphasis on winning should never be placed above the value of good sportsmanship, the concepts of fair play, or the skills of the game.
5. Derogatory comments are unacceptable. Use positive reinforcement with players and adults alike. It should be remembered that criticism, once made, can never be retracted.
6. Obscene, foul and/or abusive language or gestures is prohibited during all games, practices, tournaments and as spectators at any event where Sehome Lacrosse members are representing our club.
7. The safety and welfare of the players are of primary importance.
8. Without limitation, any form of physical or verbal assault, bullying or harassment of another Player, Coach, Official, Parent or spectator is strictly forbidden. This prohibition extends to electronic media such as email and social networks. For serious infractions, the Sehome Lacrosse Directors and/or coaches may file a police report.

9. All adults involved with Sehome Lacrosse Club must never permit anyone to openly or maliciously criticize badger, harass, or threaten an Official. To do so is a violation of Sehome Lacrosse rules and the rules of the game in general and must be considered by all to be unacceptable conduct.

Players

General Guidelines for Players:

- Participation in Sehome Lacrosse Club is a privilege and all players should be aware of the responsibility that comes with representing Sehome Lacrosse.
- Players must abide by Sehome Lacrosse rules at practice, games, and tournaments, as spectators at lacrosse events and whenever and wherever they are representing Sehome Lacrosse Club.
- All Sehome Lacrosse Club members are required to comply with, at the very minimum, civil and criminal laws, in addition to the Codes of Conduct of Sehome Lacrosse and US Lacrosse.
- Possession, use, distribution or being under the influence of drugs and/or alcohol is strictly prohibited. This includes alcohol, illegal drugs, unauthorized prescription drugs and tobacco. In addition to Sehome Lacrosse discipline, Sehome Lacrosse Directors and/or Coaches may file a police report for serious violations of this rule. In addition to the legal issues, using Drugs, Alcohol, and/or Tobacco will limit the potential of any athlete.
- Players who are involved in conduct that violates civil or criminal law will be subject to suspension or dismissal from Sehome Lacrosse Club.
- Violation of the rules subject the player to disciplinary action that can include suspension or dismissal from the team. The nature and severity of any violation will determine the disciplinary action taken and will be at the sole discretion of Sehome Lacrosse Club Directors and Coaches.
- If occasions arise that are not fully covered by the Sehome Lacrosse or USL rules and regulations the Sehome Lacrosse Directors and Coaches will have the power to decide what action shall be taken against a member.

Equipment - Players are personally responsible for bringing the required equipment to all Sehome Lacrosse games, practices, and tournaments. They are also personally responsible for properly maintaining their equipment and they must make sure that their equipment is in good working order before they participate in any Sehome Lacrosse game or practice. Required equipment for all male Sehome Lacrosse players is a helmet, protective cup, mouthpiece, gloves, arm pads, shoulder pads, stick and cleats. Required equipment for all female Sehome Lacrosse players is a mouthpiece, eye protection, and a stick. Any Player who arrives at any Sehome Lacrosse game or practice without ALL of the required equipment will not be allowed to participate.

Sportsmanship - Sportsmanship and the concepts of fair play are essential to the game of Lacrosse. They must be developed on the field during practices and games as well as off of the field. As a member and a representative of Sehome Lacrosse, you are expected to behave in a professional and courteous manner while representing our club. Demonstrate the spirit of sportsmanship, sports leadership and ethical conduct. Always work as a cooperative member of Sehome Lacrosse. Poor sportsmanship may result in disciplinary action which could include suspension or, in severe cases, dismissal from Sehome Lacrosse.

Player Accountability - Sehome Lacrosse Players are expected to show up at all Sehome Lacrosse practices and games with a positive attitude and a sincere desire to participate fully and improve as Lacrosse athletes. Be on time for every Sehome Lacrosse activity including practices, games, meetings, travel, tournaments, etc. Sehome Lacrosse Coaches may excuse Players from participating in travel team-related activities if the absence is due to family emergencies, illness, religious observance, or other valid and unavoidable conflicts. In the case of a planned absence for any reason, Players are responsible for notifying their Coaches in advance. This responsibility is the players' exclusively. It is not the responsibility of their Parents.

For more serious offenses, Sehome Lacrosse Directors and Coaches may take the following steps if and when dealing with disciplinary actions for violations of the rules:

- Initial warning with immediate corrective measures and notification of parent
- Temporary suspension from Sehome Lacrosse
- Termination of membership from Sehome Lacrosse Club
- Denial of future membership in Sehome Lacrosse Club

Parents/Guardians

1. Sehome Lacrosse Parents will set the example for good sportsmanship at all games, practices and tournaments. You are role models, and will be held to the same high standards of sportsmanship that we expect from our players.
2. Parents must uphold the same Sehome Lacrosse rules that apply to players in terms of assault, discrimination, disrespectful or abusive language, drug and alcohol abuse, unsportsmanlike conduct, foul language and gestures, etc. Parents in violation of the rules may be suspended from attending practices, games and other Sehome Lacrosse activities. Additionally, parents in serious violation of these rules may put their player in jeopardy of suspension or expulsion from Sehome Lacrosse.
3. Parents must allow the Sehome Lacrosse Coaches to instruct their children during games and practices. Sehome Lacrosse Parents must also not interfere by offering additional instruction during those times. From the sidelines, you are expected to enjoy watching your children play Lacrosse, and be their cheerleader, not their coach.
4. Parents must recognize that Sehome Lacrosse Coaches are willing to discuss players and/or coaching philosophies, but agree that discussions will only take place at the appropriate time and never during a tryout, practice, or game or in the presence of any players or other Parents/Guardians. While our Coaches are willing to offer constructive feedback to parents about how their children can work to improve and become more successful Lacrosse players, we will not discuss our evaluations of other parents' children.
5. Parents agree to follow the "24 Hour Rule" : If you have a SIGNIFICANT complaint resulting from a game or practice situation contact the Coach the next day (preferably by email) after a good night's sleep and arrange a suitable time to discuss your complaint in a mutually respectful manner. Please respect that our Coaches are working with a large number of players and that they most likely have "day jobs" and families of their own.
6. All parents are bound by Sehome Lacrosse rules and Code of Conduct and US Lacrosse rules and Code of Conduct.

Coaches

1. Sehome Lacrosse Coaches must always be aware of the tremendous influence they have on their players. They are to strive to be positive role models in dealing with young people, as well as with adults.
2. Coaches must establish objectives for their teams and their players and inform them of team and individual player goals.
3. Coaches must be committed to improving as Lacrosse coaches. In so doing they agree to follow the Sehome Lacrosse coaching model as well as the reasonable directions/instructions of Sehome Lacrosse Directors.
4. Coaches will teach and practice good sportsmanship at all times.
5. A Coach will respect the game of Lacrosse.
6. A Coach will respect the officials.

7. A Coach will always try to look out for the best interests of the Sehome Lacrosse program.
8. Minor breaches of discipline may be dealt with by the Sehome Lacrosse Coach in consultation with other members of the Sehome Lacrosse coaching staff.
9. Coaches can expect the respect and support of Sehome Lacrosse Players and Parents.

Suspension or Termination of Sehome Lacrosse Membership

1. The Board of Directors may suspend or terminate a member of Sehome Lacrosse if it has been determined that the conduct of the member is adverse to the best interests of Sehome Lacrosse and the sport of Lacrosse. If a member has not complied with the requirements of his or her membership in Sehome Lacrosse, that member may also be suspended or terminated.
2. Sehome Lacrosse must recognize any rulings and/or suspensions given out by all organizations under the jurisdiction of US Lacrosse when notified.
3. A suspension is to be considered a disciplinary action that is not permanent. Suspension from Sehome Lacrosse prohibits a player and their parents from participating in any Sehome Lacrosse activity, event, practice or game for the duration of the suspension.
4. Suspended players are fully reinstated to the team at the conclusion of their suspension.
5. Termination, or expulsion, is the permanent removal of a member's membership in Sehome Lacrosse. The duration of the membership termination (number of playing seasons) will be determined in advance by Sehome Lacrosse Directors and Coaches based on the severity of the offense.
6. Because membership in Sehome Lacrosse belongs to the entire family, serious disciplinary action against one member of the family (whether it is the player or a parent/guardian) extends to the entire family. Therefore, if a parent is expelled from Sehome Lacrosse, then the player loses their membership, as well. Sehome Lacrosse has the option at their will to take into consideration families with more than one player participating in the Sehome Lacrosse program; one player's expulsion may not necessarily exclude a sibling from participating. *This decision will be solely at the discretion of Sehome Lacrosse Directors and Coaches.* However, parents who are expelled from Sehome Lacrosse can expect for the entire family membership to be denied.
7. Any Player, Parent, Coach, or person involved in Sehome Lacrosse in any capacity that is suspended or expelled from Sehome Lacrosse will not receive any refund or compensation of any kind.

By signing below, I acknowledge the Sehome Lacrosse Code of Conduct.

Player Signature: _____ Date: _____
 Please Print: _____

Parent/Guardian Signature: _____ Date: _____
 Please Print: _____

Coach Signature: _____ Date: _____
 Please Print: _____

Team: _____