

Lighthouse Christian Athletics

Athlete Code of Conduct

Revised January 2026

By participating in Lighthouse Christian Athletics (“LCA”), each athlete commits to representing Christ, their family, their school, teammates, opponents, and the LCA program with integrity. This code applies during practices, games/competitions, team travel, team meetings, and all team-related events.

1) Athlete Guiding Principles

Athletes pledge to make every effort to live out the following principles in competition and in daily conduct:

- Honesty and integrity
- Sportsmanship and respect
- Discipline and diligence
- Team-first mindset and shared objectives
- Communication marked by respect and encouragement
- Perseverance through adversity
- Seeking opportunities to serve others
- Above all else: love one another and pursue growth in Christ

2) Athlete Standards of Conduct

1. **Team Role Acceptance**

The athlete will serve the team by playing any position or role assigned and will give their best effort at all times.

2. **Compete Hard and Clean**

The athlete will compete with intensity and self-control, demonstrating sportsmanship and respect, with no intent to harm, intimidate, or gain advantage through cheating or unsportsmanlike conduct.

3. **Spiritual Leadership and Prayer**

The athlete will respectfully participate in team prayer and/or moments of reflection as led by coaches before practices and competitions.

4. **Respect for Others**

The athlete will treat coaches, teammates, opponents, officials, staff, parents/guardians, teachers, and spectators with respect in words, tone, and actions at all times.

5. **Coachability and Instruction**

The athlete will follow coaching instructions to the best of their ability and will respond to corrections with humility and effort, not argument or disrespect.

6. **Substance-Free Participation**

The athlete will refrain from the use of illegal drugs, alcohol, tobacco, vaping products,

and any other prohibited substances. Violations may result in suspension or removal from LCA athletics, at LCA's discretion.

7. **Attendance and Commitment**

LCA athletics are team commitments. The athlete is expected to attend practices, games/competitions, and team functions as scheduled. If the athlete cannot attend, the athlete (and/or parent/guardian as appropriate) must notify the coach as early as possible. Unexcused absences may impact role, playing time, or eligibility.

8. **Respect for Property**

The athlete will not damage, deface, or misuse any facilities, buildings, equipment, or property belonging to LCA or opponents. The athlete may be held financially responsible for damages.

9. **Respect for Officials and Rules of the Game**

The athlete will respect the authority of officials and will not argue calls, display unsportsmanlike gestures, or attempt to influence officials through dissent.

10. **Appropriate Language and Conduct**

The athlete will refrain from profanity, vulgarity, taunting, insulting speech, and "trash talk," whether directed at opponents, officials, teammates, or spectators.

11. **Injury Reporting and Medical Honesty**

The athlete will promptly inform a coach of injuries, symptoms, or health concerns that may affect participation. Coaches may restrict participation until concerns are appropriately addressed.

12. **Punctuality**

The athlete will be on time for practices, meetings, and competitions. Chronic or unexcused tardiness may impact playing time, role, or eligibility.

3) Athlete Communication Protocol

LCA values direct, respectful communication that strengthens the team and protects unity.

A. Appropriate Athlete-to-Coach Communication

Athletes are encouraged to respectfully ask questions or request clarification regarding:

- Expectations, roles, and responsibilities
- Skill development plans and practice standards
- Team logistics (times, travel, equipment, schedules)
- Personal well-being, injury/health concerns, and safety issues

B. Communication Standards

- Communicate respectfully: calm tone, appropriate timing, appropriate language.
- One conversation at a time: no confrontations in front of teammates, opponents, or spectators.
- Listen first; ask questions; accept coaching decisions without argument.

C. Timing and Location

- No complaint-based conversations during games, in the middle of practice, or during team huddles.
- When needed, the athlete should request a time to talk before/after practice or at a coach-approved time.

D. Chain of Communication

1. **Athlete → Coach** (first step whenever appropriate).
2. **Athlete → Team Captain/Coach** (if a captain structure exists and the athlete prefers support).
3. **Parent/Guardian → Coach** (if the athlete is unable to address the issue or safety/well-being requires adult involvement).
4. **Athletic Director/Administrator** (only after steps above have been attempted).

E. Prohibited Communication

- Public criticism of teammates, coaches, officials, opponents, or LCA on social media or in public settings.
- Gossip, mockery, harassment, or retaliation.

4) On-Court / On-Field Misconduct

Important: Game officials' penalties (technical foul, ejection, disqualification) apply immediately under the rules of the sport. In addition, LCA may impose **discipline** as outlined below. Coaches and the Athletic Director/Administrator may accelerate consequences based on severity, frequency, or intent.

A. Examples of Misconduct Covered

- Technical fouls / unsportsmanlike conduct penalties (sport-dependent)
- Taunting, trash talk, profanity, or abusive language
- Dissent toward officials (arguing, demonstrative gestures)
- Fighting, threats, intimidation, or deliberate attempts to injure
- Ejection/disqualification for any reason

B. Example Team-Discipline Framework

1. **First Technical Foul / Unsportsmanlike Penalty (non-ejection)**
 - o Immediate removal to the bench (minimum of a coach-defined interval)
 - o Post-game accountability (apology to coach/team; reflection statement or meeting)
 - o Possible conditioning or extra skill work focused on self-control
2. **Second Technical Foul in the Same Game OR Ejection/Disqualification**
 - o Immediate suspension from the remainder of the contest (by rule)
 - o Minimum one additional contest suspension (team-imposed), subject to review
 - o Mandatory meeting with coach (and parent/guardian if requested) before return

- o Restitution actions as appropriate (written apology to officials/opponents; team service)
- 3. **Repeat Pattern (e.g., two or more incidents in a season)**
 - o Progressive discipline, which may include:
 - Reduced playing time or role restriction
 - Multi-game suspension
 - Removal from travel roster
 - Probationary period with defined behavior standards
 - Dismissal from the team for continued violations
- 4. **Zero-Tolerance Behaviors (may result in immediate dismissal)**
 - o Fighting or leaving the bench to engage in a confrontation
 - o Threats, harassment, or intimidation
 - o Hate speech, discriminatory slurs, or targeted harassment
 - o Deliberate attempt to injure another participant

LCA Misconduct Discipline Appeal Process

1. **Start with the Coach**
The athlete (and parent/guardian as appropriate) must first meet with the head coach to review the incident and discipline.
2. **Submit a Written Appeal to the Athletic Director**
If still unresolved, the parent/guardian submits a brief written appeal to the Athletic Director within **48 hours** of the coach meeting (or within **48 hours** of receiving discipline, if no meeting occurs). Include:
 - o Athlete name and sport
 - o Date/description of incident
 - o Discipline imposed
 - o Reason for appeal (factual error, new information, or inconsistent application)
3. **What Cannot Be Appealed**
Officials' calls and game rulings (including technical fouls/ejections under the rules) are not appealable—only **LCA's additional team/program discipline**.
4. **Athletic Director Review and Decision**
The Athletic Director may speak with the athlete, parent/guardian, and coach, review available information, and then **uphold, modify, or rescind** the team discipline.
5. **Discipline Remains in Effect During Review**
Any suspensions or restrictions stay in place while the appeal is reviewed.
6. **Final Decision**
The Athletic Director's decision is final unless LCA's broader school policy requires additional review.

Playing/Participation Time Policy (Athlete Acknowledgment)

- Playing/participation time is determined by the coach and is connected to the game/event situation and athlete's readiness/ability.
- LCA's goal is for each athlete to participate in every contest when feasible; however, this goal is secondary to competing effectively, and some contests may result in limited participation for some athletes.
- LCA acknowledges this philosophy may not fit every athlete and encourages athletes to consider this when participating.

Athlete Acknowledgment:

As an LCA athlete, I attest that I have read and understand this Playing/Participation Time Policy and acknowledge it may result in limited or no participation in some contests.

Electronic Signature Authorization: By applying my electronic signature, I agree that it is the legally binding equivalent of my handwritten signature. I will not, at any future time, claim that this signature is not legally binding or enforceable.