



## Lady RoughRiders Players and Parents Code of Conduct

### For Players

1. **Respect the Game**
  - Treat coaches, teammates, opponents, and officials with respect at all times.
  - Follow the rules of the game and play with integrity.
2. **Commitment to Team**
  - Attend the scheduled practices and games each week as well as at least 2 Impact Sports Performance classes each week (8x per month).
  - Mark your attendance in the Crossbar app to help coaches plan practice accordingly.
  - Support teammates both on and off the court.
  - Players cannot play for another team during the season.
3. **Effort and Attitude**
  - Come to practice and games on time, ready both mentally and physically, and focus for the duration of practice.
  - Give your best effort during practices and games.
  - Maintain a positive attitude, regardless of the outcome.
4. **Sportsmanship**
  - Sportsmanship is a priority and any negativity towards other teams, referees, staff, or members of the RoughRider community will not be tolerated from players.
  - Celebrate your achievements graciously and respect opponents' accomplishments.
  - Accept referees' decisions without arguing or being disrespectful.
5. **Communication**
  - Communicate openly with coaches regarding any concerns or issues.
  - Listen to coaches' feedback and work on areas for improvement.
6. **Personal Conduct**
  - Refrain from using inappropriate language, gestures, or behavior.

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Athlete Signature

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Date



## For Parents

### 1. **Support and Encouragement**

- Encourage your child and their teammates during practices and games.
- Celebrate efforts and improvements, regardless of winning or losing.

### 2. **Respect the Coaches and Officials**

- Support coaches' decisions and avoid undermining their authority.
- Respect officials and their calls, refraining from negative comments.

### 3. **Positive Communication**

- Communicate any concerns or feedback directly with coaches, rather than addressing them in front of players or during games.
- Maintain open lines of communication regarding your child's development and participation.
- Please wait 24 hours after a game to discuss concerns with playing time, etc.
- Encourage your athlete to advocate for themselves with their coaches and teammates.

### 4. **Promote Sportsmanship**

- Model good sportsmanship by respecting all players, coaches, and officials.
- Sportsmanship is a priority and any negativity towards other teams, referees, staff, or members of the RoughRider community will not be tolerated from parents.
- Encourage your child to demonstrate sportsmanship in both victory and defeat.

### 5. **Stay Involved, But Respect Boundaries**

- Attend games and support your child, but avoid coaching from the sidelines.
- Allow coaches to lead practices and games without interference.

### 6. **Commitment to the Team**

- Support the team's schedule and commitments, ensuring your child attends practices and games.
- If you have a scheduling conflict that will impact your athlete's attendance, please make sure that they let their coach(es) know as soon as possible.

## Conclusion

This Code of Conduct aims to create a positive, respectful, and enjoyable environment for all players and families involved in our Lady RoughRiders basketball program. By adhering to these principles, we can work together to ensure a rewarding experience that fosters growth, teamwork, and a lifelong love for the game.

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Parent Signature

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Date