

Lightning Lacrosse Sportsmanship Code of Conduct

“Youth sports should be fun for players, coaches, and families.”

Purpose

Lightning Lacrosse is committed to providing a positive, respectful, and competitive environment where players can develop skills, teamwork, and character. While competition is part of the game, sportsmanship, respect, and integrity are our highest priorities.

All **players, coaches, parents, and spectators** share responsibility for upholding these standards and representing Lightning Lacrosse positively within our community and beyond.

Prior to each season, this agreement will be reviewed with participants, and all players are expected to acknowledge and follow these expectations.

Program Expectations

Definition of Sportsmanship

Sportsmanship means treating others with respect in all actions and words.

Coach Expectations

- Adhere to Lightning Lacrosse’s Coaching Policy and Handbook
- Lead by example and promote a positive and supportive environment
- Teach fundamentals, teamwork, and respect for the game

Player Expectations

- Show respect toward teammates, opponents, officials, and coaches
- Win with humility and lose with accountability
- Demonstrate self-control and positive behavior

Parent Expectations

- Be a positive role model
 - Support players, coaches, and officials
 - Emphasize effort and attitude over results
 - Refrain from criticism or negative behavior
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Player Commitment

Respect for Coaches

- I understand that coaches are volunteering their time to support Lightning Lacrosse.
- I will listen, follow instruction, and show respect at all times.
- I will not interrupt or distract others during instruction.

Sportsmanship and Conduct

- I will maintain self-control at all times.
- I will not use inappropriate language, gestures, or physical actions toward teammates, opponents, officials, coaches, or spectators.

- I will not argue, taunt, or threaten others before, during, or after practices or games.
- I will treat all participants with respect regardless of the outcome.

Team and Game Approach

- I will focus on effort, improvement, and teamwork over winning.
- I will support my teammates and not place blame for losses.
- I will show respect to opponents by shaking hands after games without negative comments.

Effort and Responsibility

- I will give my best effort at all practices and games.
- I will strive to be a team-first player and support others.
- I will learn and follow the rules of lacrosse.
- I will apply what I am taught and ask questions when needed.
- I will arrive on time, prepared, and ready to participate.

Perspective

- I understand that my primary goals are to **learn, compete, and have fun** while representing Lightning Lacrosse with pride.

Discipline and Accountability

These standards apply to **players and parents**. Coaches shall apply progressive discipline when players fail to adhere to sportsmanship or team expectations. Coaches retain the discretion to advance immediately to any step based on the severity of the behavior, player safety concerns, repeated misconduct, or the timing and circumstances of the infraction. Violations may result in:

1. **Immediate Correction** – Verbal instruction, redirection, and, when appropriate, age-appropriate team conditioning activities (such as short-duration running, push-ups, or similar physical exercises) intended to reinforce accountability and focus. Conditioning activities shall never be excessive, demeaning, or compromise player safety.
2. **Warning** – Clear explanation of unacceptable behavior. Parents are notified of this step and any after either by phone or in person¹.
3. **Disciplinary Action** – Reduced playing time or removal from activity based on severity. The Coaching Director shall be notified.
4. **Repeated Infraction** - Suspension or Expulsion. The Coaching Director shall be notified.
5. **Escalation** – Coaching Director and Coach give recommendation to Executive Board to make a decision within 1 week.

¹Parent notification is not required to occur immediately following an infraction; however, when notification is warranted under this policy, it should occur as soon as reasonably practicable and no later than 24 hours after the incident.

Failure to meet these expectations may impact future participation in Lightning Lacrosse.

Parent Concerns and Grievance Process

Lightning Lacrosse values open communication and encourages concerns to be addressed respectfully and constructively. Parents are expected to follow the process below when concerns arise regarding a coach, team, or program matter.

24-Hour Rule

Parents shall wait at least 24 hours following a game, practice, or incident before discussing concerns with a coach or program representative. This cooling-off period helps ensure conversations remain productive and respectful.

Step 1 – Contact the Team Manager or Coach

Most concerns can be resolved through direct communication. Parents should first contact the Team Manager or Coach to discuss the issue and seek resolution.

Step 2 – Meeting with the Coaching Director

If the concern is not resolved through Step 1, the parent may request a meeting with the Coaching Director. The Coaching Director will review the situation, gather relevant information, and work with the parties involved to reach a resolution.

Step 3 – Review by the Board of Directors

If the concern remains unresolved after meeting with the Coaching Director, a written request may be submitted to the Board of Directors for review. The Board's decision shall be final.

Acknowledgment

I agree to uphold the standards of Lightning Lacrosse and understand that my actions reflect on the program and community.

Player (Print): _____ **Signature:** _____

Parent/Guardian (Print): _____ **Signature:** _____

Parent/Guardian (Print): _____ **Signature:** _____