



La Crosse Lightning Code of Conduct

The game of lacrosse has a rich history of high values and good conduct. Through lacrosse, Native Americans celebrated and emphasized their spiritual and cultural values. We will conduct ourselves, on and off the field, with **PRIDE, HONESTY and INTEGRITY**. These essential elements will be what define Lightning Lacrosse.

As a Player, I promise to:

1. Be courteous to opposing teams and treat all players and coaches with respect, including those on my team and opposing teams.
2. Be modest when successful and be gracious in defeat, with yourself, your coaches, your teammates, and the opposing team.
3. Show respect for authority to the officials of the game and of the league, on and off the field.
4. Respect the privilege of the use of public facilities.
5. Demonstrate good sportsmanship before, during and after games. Refrain from abusive languages on and off the field.
6. Help parents and fans understand the league philosophy so they can watch and enjoy the game.
7. Respect the game, play fairly, and follow its rules and regulations.
8. Promise to refrain from the use of drugs, tobacco and alcohol.

Rules for Offenses of Rule #8:

1st offense: Player is out for 5 games or 1/3 of the season

2nd offense: Player will be dismissed from the team for the remainder of the current season

3rd offense: Player will be banned from any LALA team for their remaining career.

9. Show up for practice on time, with proper equipment and ready to play.
10. Respect your teammates, face-to-face, on social media, and when talking about the team/club in social settings.
11. You are a walking, talking representation of Lightning Lacrosse. Conduct yourself in ways that show poise, respect, and honor.
12. Place school commitments and homework as my first priority. Maintain good academic standing at school.
13. Have FUN!
14. Honor the game.

As a Parent/Guardian of a Player, I promise to:

1. Place the well being of my child before a personal desire to win.
2. Encourage good sportsmanship by demonstrating positive support for all players, coaches, fans and officials at games, practices and other sporting events.
3. Encourage my child to play by the rules and respect the rights of other players, coaches, fans and officials.
4. Advocate a sports environment for my child that is free of drugs, tobacco, alcohol and abusive language, and refrain from their use during youth sporting events.
5. Help my child show up to practice and games on time, with proper equipment, and ready to play.
6. Parents/Players must inform the Lightning Club Coaches of any school infractions on Rule # 8 listed under the Player Promise. If club officials hear of an offense and the family fails to notify the Club, it will count as a 2nd Offense and the Player will be done for his or her current season.
7. Honor the game..

Print Player Name

Parent or Guardian Signature

Date