

# **RUSH** / 2025-2026 Season Player Code of Conduct

## **Player Code of Conduct - Enhanced Guidelines:**

I, \_\_\_\_\_, as a player, wholeheartedly embrace these enhanced guidelines that uphold the integrity of our sport, ensure respect for all stakeholders, and nurture personal growth.

I understand that violations of any of the commitments outlined below may result in disciplinary action, including being restricted from attending practices or tournaments. In serious or repeated cases, I may be removed from the program entirely, and I will remain responsible for all financial commitments as agreed upon at the time of registration.

### **1. Personal Commitment and Sportsmanship:**

- I choose to engage in Volleyball because of my own volition, not external pressures.
- I pledge to adhere to the rules of Volleyball and to embrace the spirit of fair play.
- I will consistently exhibit respect towards coaches, referees, fellow players, spectators, and club officials.

### **2. Emotional Control and Team Cooperation:**

- I shall maintain emotional control, refraining from physical altercations, offensive language, or improper gestures.
- I am dedicated to being an integral part of a cohesive team.

### **3. Holistic Understanding of Success:**

- I value the holistic essence of success, recognizing that it comprises not only winning but also enjoyment, ethical competition, skill improvement, camaraderie, and my best effort.

### **4. Sportsmanship and Respect:**

- I will offer acknowledgement and praise for commendable play by both teammates and opponents.
- I will treat every match with respect, as well as the officials who oversee it.

### **5. Behavior and Accountability:**

- I understand that my coaches are here to coach, not regulate my behavior. Any misconduct on my part may result in my removal from the event.
- I take personal responsibility for my behavior outside of team-related activities, acknowledging the role of my family or guardian in guiding my conduct.

### **6. Substance-Free Engagement:**

- I will not participate in any practice, game, or team event while under the influence of drugs or alcohol.

**7. Anti-Bullying Commitment:**

- I pledge to abstain from any form of bullying, whether directed at an opponent or a teammate, and whether in-person or through electronic means.

**8. Valuing Practices and Games:**

- I recognize the pivotal importance of practices and honor their significance over games.
- I will adhere to the stipulated arrival times for practices and games, as directed by my team Coach.

**9. Communication and Preparedness:**

- I shall provide at least 24 hours' notice to the team Coach if I am unable to attend a game or practice, allowing adequate time for arrangements.

**10. Consistent Participation and Attitude:**

- I acknowledge that consistent attendance at practices may influence my position in the starting lineup based on various factors.

**11. Digital Detachment:**

- I will power off electronic devices before attending practices, games, or team events, ensuring my full engagement.

**12. Playing Time Reality:**

- I recognize that equitable playing time might not always be feasible due to varying circumstances, including team competitiveness.

**13. Venue Responsibility:**

- I shall depart venues in a tidy state and dispose of waste responsibly.

**14. Uniform Etiquette:**

- I will maintain my uniform's integrity, wearing it only during games and following proper care guidelines.
- I will be equipped with suitable socks, proper footwear, and a personal water bottle for all games and practices.

**15. Attire and Accessories:**

- I shall adhere to appropriate attire, as determined by my coach.
- I will comply with club policies and remove all jewelry, hats (or other headwear), and tie hair up and away from my face during practices and games.

**Consequences for Non-Compliance:**

I recognize that deviations from this Code of Conduct may result in various actions, including intervention by the coach, Referee-imposed sanctions during games, disciplinary hearings by the AZ Region, regional suspensions, and financial fines. I am accountable for reimbursing the Club for fines associated with my actions. Severe infractions may warrant suspension or expulsion from the team.

By signing, I affirm my unwavering commitment to these enhanced guidelines.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_