

MAC Code of Conduct

Minnesota Athletic Club (MAC) Player & Parent Acknowledgment

As members of the Minnesota Athletic Club (MAC), all players, parents, and guests represent not only their individual teams but also an organization that has earned a strong reputation throughout the hockey and lacrosse communities for its integrity, sportsmanship, and respect for the game.

We ask every MAC family to help continue this tradition by upholding the highest standards of respect, character, and commitment both on and off the field or ice.

Our Shared Standards

The MAC community is built on teamwork, discipline, and respect. Players and parents must:

- Treat teammates, coaches, officials, opponents, and fans with respect at all times.
- Compete with fairness and integrity, regardless of the outcome.
- Demonstrate self-control in all situations, especially under pressure.
- Refrain from bullying, harassment, discrimination, or unsafe or unsportsmanlike conduct.
- Take pride in representing MAC in a positive and professional manner at every event.

Accountability and Consequences

At MAC, our goal is to teach athletes how to carry themselves with integrity, not simply to avoid punishment. However, violations of this Code of Conduct may result in appropriate disciplinary action.

Possible consequences include:

- Loss of playing time
- Suspension from games or practices
- Removal from the program

Severe violations, including bullying, harassment, or gross unsportsmanlike behavior, will result in immediate dismissal from the program with no refund of fees.

These measures are designed to protect the culture of respect and sportsmanship that defines MAC.

24-Hour Rule

Youth sports can be emotional and competitive. To promote thoughtful communication, MAC enforces a 24-Hour Rule.

- Parents must wait at least 24 hours after a game before contacting a coach about team direction, playing time, positions, or similar concerns.
- After 24 hours, please email the head coach to request a time to talk and include your specific concern.
- Coaches will respond within the following few days to schedule a conversation.

This policy ensures respectful, constructive dialogue and maintains a positive experience for all players and families.