



To Players, Coaches, Parents/Guardians and Spectators

Watching or participating in the sport of lacrosse can be a wonderful thing that can provide all of us with many cherished memories that will last a lifetime. However, our game, especially in a competitive environment has become vulnerable to incidents that not only do a disservice to the sport of lacrosse but often provide a source of embarrassment for participants and players alike. Unfortunately, this too can have long-lasting negative effects that go beyond those directly involved.

To assist in maintaining the sport's integrity and dignity, the Cambridge Minor Lacrosse Association (CMLA) has put in place a Code of Conduct similar to that of the Ontario Lacrosse Association. This Code applies to all who are associated with our lacrosse community. It is important that we all conduct ourselves accordingly. Individuals who fail to do so may be prohibited from participating – in any capacity, including spectator. This applies to Local League and Travel situations.

As our season begins, players, coaches and lacrosse families become representatives for our local game and ambassadors for our city. As a lacrosse community, we have a shared responsibility to each other to guard against any negative behavior towards any player, team, spectator, official or other participant regardless of where they come from or who they are. Incidents that violate the Code of Conduct will be investigated by the CMLA executive and dealt with according to our Constitution, by-laws, policies and/or codes. No amount of retaliation, taunting, unsportsmanlike or other negative behavior is acceptable. This is especially important where abuse or negative conduct towards a referee is involved.

While we cannot govern the behavior of those from outside our membership, we can all share the responsibility to protect our own image. At times this may mean taking some initiative by reminding those around us that are too caught up in the game to take a deep breath and relax. Alternatively, accepting the advice of others and cooling down when necessary.

Lacrosse is a game that exists for the enjoyment of all. Keep it fun and preserve the dignity of the game. Today's players and officials will benefit from the positive environment we create. Cheer and celebrate the high points of their efforts, leave those "less than stellar" moments to go unnoticed. There is no benefit to highlighting our own disappointment or other people's errors. The values we set for our game transcend beyond the floor or arena. Our young players and officials are the future players, teachers and administrators of our sport. Many of us are their role models. They deserve our best efforts, and we need to show them what a great team setting they will have when it's their turn to play.

Enjoy the game and have fun. These years will go by fast, but the memories created will last a lifetime.



### PLAYER CODE OF CONDUCT

1. I will remember that winning is not everything. Having FUN, improving skills, making friends and doing my best are very important.
2. I will always respect my teammates, coaches, referees and opponents.
3. I will give 100% effort at each practice and game.
4. I will learn the rules of lacrosse and abide by them. I will play by those rules and respect the spirit of the game.
5. I will support and encourage my teammates and set a positive example of what a Team Player truly is.
6. I will wear the required equipment at all practices and games, and keep my equipment well maintained.
7. I will always display good sportsmanship, on the floor and in the arenas.
8. I will not be afraid to make mistakes; that's part of learning new skills.
9. I will remember that coaches and officials are there to help me. I will accept their decisions and always show them respect.
10. I will be modest in victory and gracious in defeat.
11. I will represent the CMLA, OLA and my community in a responsible manner.

### PARENT/GUARDIAN CODE OF CONDUCT

1. I will teach and practice good sportsmanship at all games and practices. I will not embarrass my child by yelling at players, coaches, officials or spectators. I will show a positive attitude towards to the game and its participants.
2. I will learn the rules of the game of lacrosse and encourage my child to play by those rules.
3. I will respect the game of lacrosse. Respect the officials. Respect the coaches, who are volunteers.
4. I will not coach my child. I will let the players play and the coaches coach, and support both positively.
5. I will follow the "**24-hour rule**"; if I have a complaint resulting from a game (or practice) situation, I will speak with either the coach or team rep on the following day.
6. I will emphasize the fun of the game, the team, and always putting forth my best effort.
7. I recognize that every member of the CMLA is a volunteer. I will help and encourage all volunteers whenever possible to allow them to work to the best of their ability.

CMLA/OLA enforces a **zero-tolerance** policy towards situations of harassment or abuse directed against game officials, players, coaches or spectators. **\*\*Failure to comply with this Code of Conduct will result in disciplinary action\*\***

NO PLAYER WILL BE PERMITTED TO STEP ON THE FLOOR FOR REGULAR SEASON PLAY UNTIL THIS IS SIGNED BY BOTH PLAYER AND PARENT/GUARDIAN AND RETURNED TO THE TRAVEL DIRECTOR.

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Player Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date