

PLAYER AND TEAM CONDUCT GUIDELINES

A. GAME CONDUCT

1. Players are to arrive for games on time as directed by the coaches and get dressed promptly, be ready for pre game warm-ups and drills, and pre game instructions from the Coaches and Referees.
2. Any player unable to attend a game must inform the Coaches per their instructions. The Coaches recognize that players may be involved in more than one seasonal sports activity, but expect each player to choose fairly between conflicting activities.
3. Any player that arrives after the designated time specified by the Coach for any game must get dressed promptly and wait for further instructions from the Coaches
4. Good sportsmanship is required at all times. Players are expected to listen to and respect their Coaches during a game.
5. Making fun of teammates is absolutely prohibited.
6. Trash talking at any time is not allowed. LMYA Girls' Lacrosse has a zero tolerance policy.
7. Players given a penalty are NOT to argue with the referee.
8. NO fighting - even if the other team initiates it. Walk away. Let the coaches and referees handle the situation.
9. Players are to stand orderly as a TEAM on the sideline during the game fully dressed. Players are not to swing their sticks while on the sideline.
10. Keep equipment on at all times during the game. After the game, first cheer and shake hands with the opposing team and then remove equipment.
11. Players are expected to cheer, support and encourage their TEAMMATES and applaud good play by the other team. Every player is part of the LMYA TEAM. Support, respect and act as a part of the TEAM. There is NO I in TEAM! Everyone is learning. Everyone is trying. Mistakes and errors are learning experiences. No one player is above the TEAM.
12. A player who hustles, works hard, plays defense, communicates on the field, listens to the coaches, PASSES, picks up the ground balls or makes an assist contributes equally to any goal that is scored and the outcome of the game. TEAMWORK!
13. No laughing at or making fun of any opposing player. Violation of this rule will result in suspension from the program.
14. During an injury time out, each player is to take a knee and wait further instructions from the referees. Players should clap for an injured player leaving the field.
15. At the conclusion of each game, the entire TEAM will say a cheer for, and then shake hands with the other team. Line up as a TEAM with the goalie at the head of the line.
16. After shaking the other team's hands, all players are to gather around the coaches for post game comments and announcements. Players are not to take their equipment off or start packing up until after the team meeting.
17. Clean up the field after the game – all water bottles, etc. Even if the trash is not

yours, clean it up. This applies for both home and away games. For home games, we are responsible to clean up the entire sideline even if the visitors neglect their responsibility.

18. Any player that has a conflict or an issue with a Coach should direct their concerns to the Coordinator.

19. Medicines: Any player, who uses inhalers, etc., must inform either the parent coordinator or coach prior to the game or practice and place the inhaler in the team medical box. Medicine and any inhalers are to be stored in a plastic bag clearly marked with the player's name.

20. Equipment:

- No player can play without a mouthpiece and Eye Protection.
- Goalies - LMYA will provide the required equipment.

B. PRACTICE CONDUCT

1. Players are strongly encouraged to attend all practices. LMYA recognizes that players may have conflicts with other seasonal sports, and expects that such conflicts will be resolved fairly between these activities. Lacrosse is a TEAM game, and attendance at practices is critical for the TEAM to improve and learn to play as a TEAM.

2. Players in grades 3-8 are responsible to notify their Coach per the Coaches instructions if they have to miss a practice.

3. Practices will start promptly as scheduled. Players are expected to arrive in time to get dressed and be ready for warm-ups, drills and coaches instructions at the time that practice starts. Players who cannot arrive on time, due to other commitments - religious school, academic requirements, family commitments, or medical reasons - must inform their coaches per their instructions.

4. Players, who miss substantially all practices due to other sports activities, will have reduced playing time regardless of the player's athletic and lacrosse skills. Lacrosse is a TEAM game, and practices are critical in developing a TEAM concept. Practice time equals playing time. LMYA believes that each player should have equal playing time and learn all the different positions. However, playing time will be impacted by missed practices.

5. The practice field must be cleaned of all trash. Each player is responsible. Even if it is not your trash, pick it up and throw it in the trash receptacles.

6. Players must wear all equipment required for their respective level to participate in any practices.

7. Players are expected to listen and respect their Coaches during practice and participate in all aspects of the practice.

8. Players are expected to work on their own the skills covered in practice. Passing and catching a lacrosse ball is an absolute fundamental that every player should work on every day.

Print _____ Signature _____