



INDY JUNIOR REBEL LACROSSE CODE OF CONDUCT

Introduction

The Indy Junior Rebel Lacrosse Organization IJRL recognizes the importance of a sense of community among those who play, coach, participate in and follow youth lacrosse. The goal of IJRL is to maximize the opportunity for each participant to enjoy the game of lacrosse, learn and develop individual and team skills.

Lacrosse is one of the most popular activities of young, emerging athletes. Therefore, it is important for all who take part to be exposed to positive experiences and protected from negative ones.

Our Code of Conduct applies to coaches, players and parents in whose hands the welfare of the game, the players and IJRL is placed.

Individuals participating in IJRL program assume certain responsibilities and obligations to conduct themselves in a manner that reflects positively on themselves, their team, the sport of lacrosse and IJRL.

Each participant shall abide by this Code of Conduct.

Failure to adhere to this Code of Conduct may result in, sanctions, suspension or dismissal from participation in or attendance at any IJRL event. IJRL reserves the right, in its sole discretion, to dismiss anyone from the program at any time behavior is deemed unacceptable.

If any player, coach or parent in IJRL believes this Code of Conduct has been violated, they have the right to, and should, report the alleged violation to any member of the IJRL Executive Committee for investigation.

Player Evaluations / Assessment

All players are evaluated throughout the season during practices, scrimmages, and games. At the beginning of every season, in the event IJRL needs to field two teams in any division due to registration numbers, players will be evaluated by Roncalli Varsity Lacrosse coaching staff. There are many terminologies used to categorize and describe Lacrosse abilities. All players are evaluated in four areas:

- 1) Mental dimensions (character, discipline, and leadership)
- 2) Physical dimensions (endurance, strength, and speed)
- 3) Technical competence (cradling, passing, shooting, and scooping)
- 4) Tactical awareness (runs, and reads)

If you have any questions about the meaning of these terms, please ask an Indy Junior Rebel Lacrosse Board Member. Roncalli Varsity Lacrosse coaches will base their decisions solely on the last three areas of evaluation and they are responsible to make decisions for the good of the club and team. Politics,



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friendships, personal relationships, and financial contribution to the club or team will not enter into these decisions. Indy Junior Rebel coaches will assess players on first area as those criteria take personal knowledge of the players to complete. Your understanding here is important, the Red Team and Blue Team need to be selected without unfair pressure and with a full understanding of what is expected and being assessed. The coaching staff needs the freedom to work objectively. We will not always agree on issues as sensitive as player evaluations and assessments. Throughout the season, players could be shuffled from one team to another based upon any of the four criteria used during player assessments.

We hope you will respect our attempt to be objective in these matters.

Coaches' ADHERENCES

Coaches are role models, mentors and teachers, and therefore shall always conduct themselves with the highest principles of integrity and exemplary levels of behavior when dealing with players, parents, other coaches and other personnel involved in the game.

Coaches who accept and work to the guidelines within this Code of Conduct are accepting their responsibility to the players they coach, their families and other colleagues within the game.

The following statements set out the overriding principles that coaches are to adhere to, so as to ensure that taking part in lacrosse is a positive and worthwhile experience for all:

1. I understand that coaches are educators. The field serves as a classroom. I understand that my primary responsibility as a coach is to provide a leadership role for promoting sportsmanship and skill development. I will encourage sportsmanship and athletic skill development in all my activities and avoid a "Win at all cost" behavior.
2. I understand that I have a responsibility to project an image of responsibility. I will never engage in profanity. I will never coach under the influence of alcohol or drugs.
3. I will never openly argue or criticize an official's decision in front of my players. If I disagree with an official's decision, behavior, or game outcome, I will make my sentiments known privately and use the proper process available to me.
4. I will treat my players, opposing players and coaches with the respect they are due, be generous in praise when deserved and never humiliate them in front of others.



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5. I will maintain open communications with players and parents regarding skill development, discipline problems, and game schedules.
6. At all times, both on and off the field, I will conduct myself in a manner that reflects positively on my team, the IJRL, and myself.
7. I will take responsibility for players at the field, arriving on time and establishing a presence among players. I will make every effort to ensure appropriate language and behavior at all times.
8. I will allow only rostered players and coaches on the field.
9. Winning is a consideration, but not the only one, nor the most important one. I will care more about the child than winning the game. I recognize that young players are involved in lacrosse for fun and enjoyment.
10. I will be a positive role model to players, display emotional maturity and be alert to the physical safety of players.
11. I will be generous with praise when it is deserved, be consistent, honest, fair and just, I will not criticize players publicly, and I will study to learn to be a more effective communicator and coach.
12. I will adjust to personal needs and problems of players, be a good listener, never verbally or physically abuse a player or official, give all players the opportunity to improve their skills, gain confidence and develop self-esteem.
13. I will maintain an open line of communication with my players' parents. I will explain the goals and objectives of the season.
14. I will be concerned with the overall development of my players. I will stress good health habits and clean living.
15. I will place Church, School, and Family relationships above other activities.
16. I understand and will enforce the attached Three Strike Rule.

Parents' Adherences

Parents are critical to the success and reputation of IJRL. Parental encouragement and leadership keeps our lacrosse fields safe, friendly and fun. Parents are also the most important role models in their children's lives. Parents who accept and work to the guidelines with this Code of Conduct are accepting their responsibility to their children, their children's coaches and teammates, their families and other colleagues within the game. The following statements set out the overriding principles that parents are to adhere to so as to ensure that taking part in lacrosse is a positive experience for all:

1. I will encourage good sportsmanship by demonstrating positive support for all players, coaches, other parents and officials.



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2. I will encourage my child to play by the rules and respect the rights of other players, coaches, officials and other participants.
3. I will help my child follow the players' Code of Conduct and team rules.
4. I understand that my child's availability for practices and games is a critical part of the success of the team. I will ensure that my child timely attends all scheduled practices and games. If my child is unable to attend a scheduled practice or game, I will ensure that the coach receives reasonable advance notice. I will pick up my child promptly at the conclusion of practices and/or games.
5. I accept the authority of my child's coach to determine strategy, practice planning and player selection.
6. I will encourage my child during practices and/or games, but I will leave the coaching to the coach and refrain from instructing players on the field.
7. I will keep coaches informed if my child has any physical or personal situation to better allow the coach to coach my child.
8. I will have available at games and practices any medications, such as inhalers, my child requires.
9. I will advocate a positive environment and refrain from abusive, obscene or profane language at all times.
10. I understand that I am encouraged to ask questions and address any concerns I have regarding my child. I agree that any discussions will take place at the appropriate time and place and never during a game or practice or in the presence of any players. I will phone, e-mail or ask to speak with the coach privately regarding any concerns or disagreements I have.
11. I will keep current with all financial responsibilities to IJRL.
12. I understand and will support the attached Three Strike Rule.

Players' Adherences

Lacrosse is fun because players, coaches and parents make it fun. As a player, I help my team when I do my best to be a good teammate. The following statements set out the overriding principles that players are to adhere to so as to assure taking part in lacrosse is a positive experience for all:

1. I will be respectful towards all my teammates, coaches, opponents, referees and of my parents.
2. I will display good sportsmanship at all times. I will be modest when I win, and I will be gracious when I lose.



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3. I will give 100% effort at all times. I will pay attention when my coach is speaking, and I will follow directions. I will work hard to become a better player.
4. I will be responsible to bring all my equipment to practices and games.
5. I will attend every game and practice unless I inform my coach in advance of my absence.
6. I will cheer for my teammates.
7. I will not throw helmets, sticks or any equipment in frustration. My language and behavior will be positive at all times.
8. I understand that I am encouraged to ask my coach questions to develop my understanding of lacrosse.
9. I will never complain to, or argue with, an official. I understand that my role is to play the game. My coach is responsible to talk to the officials.
10. I understand that I am responsible for my behavior, and that my behavior is a reflection on me, my teammates, my coaches, my parents and IJRL. My behavior has consequences.
11. I understand the attached Three Strike Rule and its consequences.

The Three Strike Rule

1. If a player gets an "Unsportsmanlike" call he sits out for the remainder of the quarter that the infraction took place. If a Coach deems it a ridiculous call he/she may play the child and appeal the call to the head of IJRL. If the player is found at fault he sits out the next game's first quarter.
2. For a Second "Unsportsmanlike" call he sits for remainder of the game and half of the following game. Once again there is an appeal process.
3. For a Third "Unsportsmanlike" call the player is no longer welcome to represent IJRL.

A Member of IJRL will be in contact with league after each weekend's games to find out if any infractions were handed out. If a coach does not report it or bench the player, they sit a half.

Keep in mind, a Coach may impose their own penalties above and beyond this.



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I have read the Coach / Player / Parent Code of Conduct available online at www.jrrebellax.com and I agree to abide by these policies and the Bylaws of IJRL.

PLAYER INFORMATION

Player Name: _____

Parent(s) Name: _____

Team: _____

SIGNATURES

Coach: _____

Date: _____

Parent: _____

Date: _____

Player: _____

Date: _____