



## **PLAYER CODE OF CONDUCT & SPECIFIED PENALTIES WITH PARENTAL ACKNOWLEDGEMENT**

It is expected that the players for Cape Express Soccer Club will conduct themselves like young professionals both on and off the playing field. The Board of Directors and Coaching staff will not tolerate any unsportsmanlike or derogatory conduct or behavior during training, practice sessions, games, tournaments, or any other Club function or event (hereinafter referred to as "Activity"). As a participant, you are responsible for your own actions, and will be held accountable for them.

As a player for Cape Express Soccer Club, I hereby promise to uphold the following Code of Conduct:

1. I promise to give 100% effort at training and in games.
2. I promise to do everything in my power to assure the team has outstanding chemistry.
3. I promise to arrive early and make every effort to be adequately prepared for the session or game.
4. I promise to be willing to play in any playing position that is asked of me.
5. I promise to notify coach if I am injured.
6. I promise to encourage and mentor all of the players younger than me with the Club.
7. I promise to maintain a positive attitude during all activities.
8. I promise to display good sportsmanship at all times and to play for the good of the game.
9. I will be a good soccer citizen and conduct myself with class and dignity at all times.
10. Permission to be absent from training for reasons other than illness or medical appointment, family emergency, legal obligation, religious observance, or pre-arranged field trip must be obtained from the coach and/or manager prior to the absence. Any such absence should be the exception and not the rule. Any other absence will be considered an unexcused absence.
11. I promise to respect my teammates, coaches and trainers. I promise to follow the directions of my coaches and trainers. I will accept the authority of my coach when disciplined.
12. I promise to respect and not criticize opposing players, coaches, teams, or officials.
13. I promise that I will not use foul or degrading language while a player for the club.
14. I promise that I will not engage in any fighting or unsportsmanlike conduct during any Activity.
15. Players at the Varsity level may guest in college showcase tournaments with other teams, provided that the player's team is otherwise idle or at the discretion of the Head Coach (Technical Staff) and/or Director of Coaching.
16. I promise to abide by the Cape Express Social Media Policy.

### **ANTI BULLYING**

Cape Express Soccer Club is committed to providing all players a healthy and safe environment. Cape Express will ensure that procedures exist to allow complaints of bullying to be dealt with and resolved in a timely manner. Bullying is a very serious issue and Cape Express is committed to the elimination of all forms of bullying.

Bullying is defined as: "Unwanted, aggressive behavior among children or adults that involve a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time." ([www.stopybullying.gov](http://www.stopybullying.gov))

Types of Bullying:

- Verbal bullying involves saying or writing mean or threatening things.
- Social bullying, sometimes referred to as relational bullying, involves hurting someone's reputation or relationships.
- Physical bullying involves hurting a person's body or possessions.



As a player for Cape Express Soccer Club, I hereby understand and agree to the following penalty guidelines for not adhering to the above code of conduct. After a first-time offense the player will be placed on probation for the balance of the season. A second offense while on probation will result in a more severe penalty, which will be determined by the Head Coach (Technical Staff) in consultation with the Director of Coaching.

General/Training Offenses:

Infraction	Penalty
Any unexcused absences from training and/or practice sessions/scrimmages.	Reduced or no playing time until good attendance is re-established.
Disruptive behavior during training and/or practice sessions	Sit the remainder of the session and reduced or no playing time until behavior pattern changes.
Use of foul or degrading language towards a coach, trainer, manager or other Club member	Immediate removal from the training session. At the discretion of the Head Coach/Trainer (Technical Staff), the player may be allowed to resume training depending upon the circumstances and severity of the infraction. Penalties may include, but are not limited to, sitting out the remainder of the training, or the suspension of a game. Subsequent infractions in the same season will result in the immediate removal from the training for its entirety and referral of the infraction to the Director of Coaching. Penalties may include the suspension of additional games.
Physically assaulting or spitting at a coach, trainer, manager or other Club member.	

Game/Tournament Match Offenses:

Infraction	Penalty
Any unexcused absence from game	Reduction in playing time up to game(s) suspension
Dissent (and/or disrespect) towards Cape Express coaching staff	Substituted immediately for cooling off period and/or sit out remainder of game and possible game(s) suspension.
Dissent (and/or disrespect) opposing coaching staff	
Use of foul or degrading language towards a coach, referee, opponent, or teammate	
Physically or verbally assaulting or spitting at a coach, referee, opponent, or teammate	



The Player, by registering with Cape Express acknowledges that she/he has read this Player Code of Conduct and has discussed it with his/her parent(s) and/or guardian, and that he understands its meaning and effect.

\_\_\_\_\_  
/ Printed Name Date Player Signature

The Player Parent/Guardian acknowledges that she/he has read this Player Code of Conduct and has discussed it with the player, and that she/he understands its meaning and effect.

\_\_\_\_\_  
/ Parent/Guardian #1 (please print) Date Signature

\_\_\_\_\_  
/ Parent/Guardian #2 (please print) Date Signature



## PARENT/GUARDIAN CODE OF CONDUCT

Achieving a high level of sportsmanship from our players starts with the parents and guardians. Membership in Cape Express Soccer Club, and attendance at Club Activities, is a privilege, and not a right. The Club is depending upon your setting a positive example for all players, spectators and officials. It is expected that all parents/guardians of players in the Club shall conduct themselves in a manner that is of the highest standards while at training, games, tournaments, or any other function or event. The Board of Directors and Coaching staff will not tolerate any unsportsmanlike or derogatory behavior during training, games, tournaments, or any other function or event when the players are representing the Club.

As a parent of a player for Cape Express Soccer Club, I hereby pledge to provide support, care and encouragement for my child and promise to uphold the following Code of Conduct:

1. I will support the team, applaud effort and encourage good sportsmanship by demonstrating positive support for all players, coaches, officials and opposing players, coaches and teams.
2. I will place the emotional and physical well-being of my child and all players ahead of any personal desire to win.
3. I will respect and provide support for coaches, liaison and officials training and working with my child.
4. I will abide to a drug, alcohol and tobacco free sports environment for my child and all children and agree to assist by refraining from their use at any and all Club activities that include minors.
5. I will remember that the game is for the children and not for the adults.
6. I will do my best to make this sports activity fun for my child and all participating children.
7. I will help my child enjoy their sports experience by ensuring that they are in attendance at all games and training sessions when scheduled, by being a respectful fan, by providing transportation and whatever else I am capable of doing to support my child and the Club.
8. I agree not to stand near the training and/or practice area and will maintain a distance specified by the coaching staff so as not to cause a distraction during training or games.
9. I will not coach, direct, instruct, or lecture any player or interfere with any coaching activities during training or games.
10. I agree not to argue with, criticize or make any disparaging or negative comments about any player, coach, or official during training or games.
11. I agree that any League and/or Tournament Fine levied to the club as a result of spectator behavior shall become the responsibility of the spectator and failure to pay will result in player suspension until fines are satisfied.
12. There will be a 24-hour rule beginning after every game. No issues regarding the game, playing time or player performance may be discussed until 24 hours have elapsed.
13. All lines of communication whether it is a parent, player, or parent administrator will be handled through the Head Coach (Technical Staff).
14. I will speak to the Head Coach (Technical Staff) privately, and not in front of others, if an issue arises which I believe should be addressed.
15. If the parent feels an explanation is not satisfactory and said issue is unresolved, either party can request a meeting with the parent(s), Head Coach (Technical Staff), Boys/Girls Director and/or Director of Coaching. The Team Manager will be present in the event the Head Coach was not present when original issue occurred.

### ANTI BULLYING

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Types of Bullying:

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- Physical bullying involves hurting a person’s body or possessions.

The Player Parent/Guardian, by registering with Cape Express, acknowledges that she/he/they have read the above Parents Code of Conduct and understand that my (our) failure to uphold any of these statements may result in disciplinary action by the Club, which may include, but is not limited to, the forfeiture of my or our right to attend and watch my child participate in any training, practice sessions, game, tournament, or any other Club function or event. I (we) also have reviewed it with all family members who are also members of the Cape Express Soccer Club. My (our) signature is considered binding on all family members.

Cape Express Soccer Club reserves the right to handle any situation not specified herein.

/	
_____ Parent/Guardian #1 (please print) Date	_____ Signature
/	
_____ Parent/Guardian #2 (please print) Date	_____ Signature