



## Cape Express Soccer Club Code of Conduct

### For Players

As a Cape Express Soccer Club Player, I will:

- Play for the good of the game.
- Work hard at training and games to improve my skill and knowledge of the game. I understand the amount of playing time will be based on my skills, determination in training, attendance in training, punctuality, and attitude. I understand I may receive more or less playing time than my teammates and playing time is not guaranteed.
- Exemplify good sportsmanship at all times.
- Conduct myself with dignity and be professional at all times.
- Demonstrate respect at all times for teammates, coaches, parents, opponents, and officials.
- Abide by my coach's decision regarding playing time and positioning.
- Never use inappropriate language.
- Learn and obey the laws of the game.
- Approach the coach with any personal soccer related problems.
- Be the BEST that I can be at all times for myself, my team, my club, and my family.

### For Coaches/Trainers

The coach's role is one of teaching soccer skills and sportsmanship to players. The example set by Cape Express Soccer Club Coaches is one of the most influential examples our children will encounter in their young lives. Recognizing the critical role that coaches play, it is imperative that we serve as the proper role models for our players.

As a Cape Express Soccer Club Coach, I will:

- Know the official Laws of the Game, the rules of our leagues, and abide by them.
- Develop my players to the best of their abilities.
- Conduct myself as a responsible adult when dealing with the players; both legally and ethically.
- Plan and supervise training sessions and games to the best of my ability.
- Instruct players and parents in the rules and motivate each player to compete according to the rules at all times.
- Notify the Club of incidents that may compromise the integrity of the Team and the Club.
- Strive to attract the best caliber of athletes to Cape Express Soccer Club.
- Take appropriate steps to minimize scoring in runaway games.
- Display a positive attitude towards all players, parents, and officials.
- Treat players and parents with respect and conduct myself in a professional manner.
- Refrain from making negative comments to players, parents, officials, and other coaches.
- Maintain control of my emotions and avoid actions, language, and gestures that may be interpreted as hostile and humiliating.
- Take total responsibility for the actions of players on the field.
- Teach and practice good sportsmanship and fair play by personally demonstrating commitment to these virtues.
- Make every effort to give players in good standing a fair and appropriate amount of playing time.
- Provide honest and truthful evaluations of player's skill.
- Not discriminate against anyone.



## For Parents/Guardians

The parent's role is one of support to the players and coaches. Parent's behavior will directly influence whether a child plays for fun and embraces sportsmanship and teamwork, or whether the child's experience is less than positive.

As a Cape Express Soccer Club Parent/Guardian, I will:

- Refrain from "coaching" from the sidelines.
- Never criticize players, coaches, or game officials.
- Recognize that my child is playing for their enjoyment, not my own.
- Learn and understand the rules of the game.
- Show respect and courtesy to game officials, coaches, and players from both teams at all times.
- Cheer for my child's team in a positive manner, refraining at all times from negative or abusive remarks about the opposing team.
- Teach my child responsibility and accountability.
- Control my temper and resist both verbal and physical assaults, even when provoked by others.
- Never use inappropriate language.
- Accept success and failure, victory and defeat, equally.
- Ensure that my child is at all games and practices at the required time or provide the coach with an appropriate excuse beforehand in a timely manner.
- Personally demonstrate good sportsmanship.
- Be consistent, prompt, and respectful in your communication with coaches and trainers.
- Step up and do my part when asked to assist with club functions for the betterment of the club.

## Accountability for Infractions

Description	Player	Coach	Parent
Fighting with anyone by means of mutually exchanged blows delivered by hand, head, fist, or other portions of the body	Up to 3 Games	Up to 3 Games	Up to 3 Games
Fighting with anyone as above, except the other party does not take part by returning blows	Up to 3 Games	Up to 3 Games	Up to 3 Games
Striking anyone with any object (rock, stick, etc.) which could be expected to result in serious injury	Up to 2 Years	Up to 4 Years	Up to 4 Years
Assaulting of a referee by a player (deliberately pushing, striking, kicking, or attempting to kick, strike, or push a referee or linesman)	Up to 1 Year	N/A	N/A
Assaulting of a referee by a coach, club official, parent or spectator (deliberately pushing, striking, kicking, or attempting to kick, strike, or push a referee or linesman)	N/A	Up to 5 Years	Up to 5 Years
Throwing of objects (soccer balls, snow or ice balls, mud, dirt, rocks, etc., at anybody. Note: In the event that such object strikes to target, the player could be charged with assault.	Up to 2 Games	Up to 2 Games	Up to 2 Games
Throwing of objects at a referee	Up to 1 Year	Up to 2 Years	Up to 2 Years



## Accountability for Infractions - Continued

Description	Player	Coach	Parent
Spitting at anybody	Up to 2 Games	Up to 3 Games	Up to 3 Games
Spitting at or on a referee	Up to 1 Year	Up to 2 Years	Up to 2 Years
Verbal abuse of a referee	Up to 2 Games	Up to 3 Games	Up to 3 Games
Verbal threat of bodily harm or property damage delivered to anyone	Up to 3 Games	Up to 4 Games	Up to 4 Games
Verbal threat delivered to a referee	Up to 4 Games	Up to 6 Games	Up to 6 Games
Gesturing or signaling obscenely or the use of profane language towards anyone	Up to 1 Game	Up to 2 Games	Up to 2 Games
Gesturing or signaling obscenely or the use of profane language towards a referee	Up to 2 Games	Up to 2 Games	Up to 2 Games
Entering the playing field by a coach, parent or spectator, to argue with a referee, disrupting play (penalty will be assessed against the coach)	Up to 2 Games	Up to 2 Games	Up to 2 Games
Any ejection from a game not specifically defined above	Up to 1 Game	Up to 3 Games	Up to 3 Games
Spectator behavior resulting in Coach Yellow/Red Card	N/A	N/A	Up to 3 Games
Any League and/or Tournament Fine levied to the club as a result of spectator behavior shall become the responsibility of the spectator. Failure to pay will result in player suspension until fines are satisfied.			
Cape Express Soccer Club Director of Coaching and/or Board of Directors reserves the right to handle any situation not specified herein.			
Failure to follow this code, repeat violations of the code, or actions not specified but are deemed a breach of the code, can result in non-refunded removal from the club.			



## ACKNOWLEDGEMENT

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**PLAYER:** I understand that failure to follow the Player Code of Conduct will result in disciplinary actions: from decreased playing time up to and including removal from the club for more serious or repeated violations. Additionally, I will be held accountable by the “Accountability for Infractions” section of this document.

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Player Signature

Print Name

Date

**COACH:** My signature below attests that I understand and agree to abide by the Coaches/Trainers Code of Conduct while acting as a Coach/Trainer for the Cape Express Soccer Club, and will be held accountable by the “Accountability for Infractions” section of this document.

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Coach/Trainer Signature (if applicable)

Print Name

Date

**PARENT/GUARDIAN:** I understand that failure to follow the Parent Code of Conduct can result in non-refunded removal from the club for more serious or repeated violations. My signature below attests that I understand and agree to abide by this Parent Code of Conduct, and will be held accountable by the “Accountability for Infractions” section of this document. I also have reviewed it with all family members who are also members of the Cape Express Soccer Club. My signature as one parent/guardian is considered binding on all family members.

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Parent/Guardian Signature

Print Name

Date