



# North Olympic Peninsula Youth Lacrosse

*Home of the Port Angeles / Sequim Mountaineers*

## CODE OF CONDUCT

### \*HONOR THE GAME\*

**Lacrosse should be fun for players, coaches and parents.** Our Mountaineers believe that boys and girls should develop skills and a love for the game of lacrosse while also learning the value of sportsmanship. To enable the athletes who wish to play lacrosse under NOPYL's philosophy of a positive experience, learn to play and love the game and to nurture within them a sense of respect for others, the Mountaineers would like to offer some guidelines for players, coaches and parents. The club uses progressive discipline to deal with Code of Conduct violations.

#### **Players:**

1. "HONOR THE GAME" of lacrosse. Display good sportsmanship at all times on and off the field. Set a positive example.
2. Respect your teammates, coaches, referees and opponents at all times, even when others do not. Coaches and referees give their time for your benefit and should be respected.
3. Always give 100% effort at practices and games.
4. Always support and encourage your teammates. Players should understand that lacrosse is a team sport and they should strive to be a team player.
5. Know, understand and follow the rules of the game of lacrosse.
6. Wear the required equipment at all practices and games. Respect Mountaineers equipment and keep your personal equipment maintained.
7. Don't be afraid to make a mistake and don't be afraid to ask questions-- that is part of learning.
8. Be modest in victory and gracious in defeat.
9. Any conduct, including vulgar language and/or gestures, hitting, racially insensitive remarks, damaging property or belongings, or other conduct that reflects poorly on yourself or the Mountaineers is deemed to be unacceptable and is not condoned. This rule applies to all players, parents, coaches, siblings and guests at all times when in or around games and practices.
10. During practices, games or tournaments you represent the Mountaineers. Any conduct such as consumption of drugs, alcohol or the use of tobacco, shoplifting or any illegal activity will not be tolerated. Our Mountaineer coaches will deal with unacceptable conduct at its sole discretion, imposing warnings and/or suspensions. In the case of an expulsion the coaches will confer with the Board of Directors. The Board of Directors will make and deliver its final decision.

**NO REFUNDS WILL BE GIVEN TO ANYONE AS A RESULT OF SUSPENSION OR EXPULSION  
BASED ON VIOLATIONS OF THE CODE OF CONDUCT.**

*Lacrosse - the fastest game on two feet!*



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### **Coaches:**

Mountaineers firmly believes that young athletes learn valuable lessons by watching the behaviors and attitudes of the adults who supervise their activities.

1. HONOR THE GAME of lacrosse. Teach and practice good sportsmanship at all games and practices. You are role models!
2. Coaches must reinforce the self image of each player. A coach must be positive and constructive.
3. Respect the game of lacrosse. Always respect the officials.
4. Teach the rules of lacrosse. Follow those rules in practice and games.
5. Establish objectives for the team and players and inform them of team and individual goals.
6. Emphasize the FUN of the game and team effort at all times, not wins and losses.
7. Always be modest in victory and gracious in defeat.
8. Obscene language or gestures is not condoned.

### **Parents:**

1. HONOR THE GAME of lacrosse. Teach and practice good sportsmanship at all times. You are role models.
2. Know and understand the rules of the game of lacrosse.
3. Respect the officials and coaches who give their time for the benefit of your player.
4. Do not coach your child. Let the players play and coaches coach - support both positively.
5. Emphasize the FUN of the game and the team, focusing on good efforts, not wins and losses.
6. Do not EVER criticize player regardless of the circumstance.
7. Follow the "24 hour rule" -- if you have a complaint resulting from a game or practice, speak to or contact the coach(es) on the following day.
8. If there is a serious problem, notify the Mountaineers president.

Dated: \_\_\_\_\_

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

\_\_\_\_\_  
Player

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