



LEGENDS Lacrosse Parents Code of Conduct

I will set an example for my child by Honoring the Game and will encourage him/her to remember ROOTS—respect for the Rules, Opponents, Officials, Teammates, and Self.

- **RULES –**
 - I will teach my child to honor the letter and spirit of the rules at all times.
 - I will represent my child's age accurately during registration.
 - I will not argue with or comment to an official about another player or ruling.
 - I will familiarize myself with the rules of the game and strive to educate my child about them.
- **OPPONENTS –**
 - I will treat opponents with respect.
 - I will not engage in any excessive displays of emotion either in defeat or celebration.
 - I will not comment negatively on another player's skills or abilities.
 - I promise to live up to my own standards even when others don't.
- **OFFICIALS –**
 - I will respect officials' rulings without comment.
 - If the official makes a "bad" call against my team, I will Honor the Game and be silent!
 - I will use a self-control routine to avoid losing my composure when things go wrong. I will take a deep breath, turn away from the game to refocus, count backwards from 100 or use self-talk (“I need to be a role model. I can rise above this.”).
- **TEAM –**
 - I will respect and care for every player on the team.
 - I will not comment negatively on another player's skills or abilities.
 - I will get my child to meetings, practices and games prepared and on time and will pick up my child up after.
 - I will notify coaches if they cannot attend games or practices in advance.
 - I will respect coaches' instruction and will ask any questions in a respectful way.
 - I will refrain from making negative comments about my child's coach in my child's presence.
 - I will wait 24 hours after a game or practice to communicate with my child's coach if there are questions or concerns.
- **SELF –**
 - I will live up to my own standards even when others don't.
 - I will engage in No-Directions Cheering. I will limit my comments during the game to encouraging my child and other players and not Coach from the sideline.
 - I will remember that participants in this organization are volunteers, spending their free time and efforts to ensure our kids have a positive and rewarding experience playing Lacrosse.

Parent Name: _____

Parent Signature: _____