

COMMITMENT AND CONDUCT POLICY (CODE OF CONDUCT)

Arkansas Rising Soccer Club desires that all players have the greatest possible experience in youth soccer. To insure this positive environment, all players and parents must adhere to the following:

PLAYERS

All players and parents must adhere to the following:

<u>100% attendance, 100% effort</u>. Participation in training and games with a terrific attitude and great effort are essential to skills development. Failure to participate regularly in training or games can affect a player's ability to maintain his or her roster position. Please notify your team manager in advance if you will not be in attendance at a game or training session.

Be prepared:

- Arrive on time at or before the time designated by your team manager
- Wear the appropriate kit uniform/training tee, cleats and shin guards
- Bring your gear water and an inflated soccer ball of the appropriate size
- Be game ready get enough sleep and proper nutrients prior to the game

<u>Sportsmanship</u>. Demonstrate good sportsmanship at all times toward opponents, referees, and parents of opposing players. Soccer is not merely a beautiful game; soccer is a passion shared by cultures worldwide. It unites people everywhere under the banner of fair competition. Our players are part of that passion. To succeed, soccer players must, before anything else, respect the game. Arguments and inappropriate behavior in games demonstrate a lack of respect for soccer and will be remembered much longer than individual accomplishments and game results. ZERO TOLERANCE for Bullying, physical or verbal bullying will not be permitted at any time. We will remove a player from the team and the club for engaging in any sort of harassment. No refunds will be given upon dismissal.

<u>Practice</u> with your soccer ball at home. The more time you spend with the ball, the faster your foot skills will develop.

<u>Teamwork.</u> Encourage your teammates on and off the field. Players gain confidence when they feel valued by their teammates. Positive comments and encouragement to teammates builds team chemistry.

<u>Learn.</u> Watch soccer. Go to a college game, watch matches on television. Players can learn from watching how the experts play the game.

PARENTS

In general:

<u>Trust the system</u>. Every youth soccer player develops at his or her own unique pace. Each player is placed onto a team based on where the Rising coaching staff determines is best for that player at that moment in time.

<u>Arrive on time</u>. Please organize your schedule to make participation in all training sessions, games and tournaments a priority. If there is the occasional conflict, please contact your team manager in advance.

<u>Pay on time</u>. If players do not pay their fees on time, Rising cannot pay staff, maintain fields, hire referees, pay association fees, etc. Players may not participate in training sessions or games if fees are delinquent.

<u>Help out</u>. Rising team managers spend several hours per week organizing team matters so the team will always be ready to play. If the team manager requests parent help, please help.

<u>Stay calm.</u> Please do not approach a Rising coach or team manager with questions about a game or practice until at least 24 hours after the game or practice to let the heat of the moment pass.

Let the staff coach. Simply put, please encourage without instructing. The players are being taught how to play soccer and must learn to make their own decisions on the field, no matter what those decisions look like to those of us who are watching them play. Any time parents shout comments like "Kick it!" "Shoot!" or "Boot it!" it is, almost 100% of the time, contrary to the coach's instructions to the players, and it's confusing to the players.

<u>Be positive</u>. Avoid negative or sarcastic comments to Rising players, referees, opposing players or parents of the opposing team. Negative comments are hurtful and are not in the spirit of the game.

<u>Never communicate with the referee</u>. The Rising coach and the team manager should be the ONLY adults communicating with the referee either during or after the game, *without exception*. The Club can be fined for improper sideline behavior by the governing associations. If this occurs, the offending party will be billed for any penalties resulting from the complaint filed. Don't be that parent! It's embarrassing to the child, the team, the club, and you.

<u>Remain on the spectators' sideline</u>. Parents should watch the game exclusively from the sideline opposite their Rising team's sideline and are not permitted to enter onto the field at any time without the referee's permission. The Rising coach and the team manager are the only adults permitted onto the team sideline during the game and during halftime. In the event of injury, the referee will signal the Rising coach if attention to the player is required. The Rising coach will then signal parents as necessary.

<u>Note:</u> Soccer rules permit referees to issue red cards to coaches and/or team managers of teams whose parents enter the field or come onto the players' sideline or otherwise demonstrate behavior that puts the game or the players' experience of the game at risk.

We, the undersigned, have read, understand and agree to abide by the above guidelines and rules. We also agree to the accept actions taken for the failure to abide by these guidelines and rules.

(Please Print Participants Name)

Please Print Parent's or Legal Guardian's Name