

PA EXPRESS GIRLS LACROSSE ASSOCIATION
(a/k/a PA Express)

CODE OF CONDUCT

Coaches, Players, Parents and any other PA Express Lacrosse Association Officers, Directors, Managers and Members are bound by the following Code of Conduct. Parents, Players and Coaches alike who violate the Code of Conduct may be suspended or expelled from PA Express by the Board of Directors or the Executive Committee. Upon suspension or expulsion there will be no refunds nor compensation in the sole discretion of PA Express Directors and/or Executive Committee. The Board of Directors and/or Coaches also have the right to deny future membership in PA Express to any Player, Parent or Coach who violates the Code of Conduct and/or the rules and regulations of US Lacrosse (USL).

Membership in PA Express belongs to each participating family. Therefore, any part of the family – Player, Parent, sibling or relative who fails to abide by the Code of Conduct puts the entire family's membership at risk. PA Express Players, Parents and Coaches are to conduct themselves in a manner that "Honors the Game" and demonstrates respect to other Players, Coaches, Officials, Umpires, Parents and spectators. In becoming a member of the PA Express community and the Lacrosse community overall an individual assumes certain obligations and responsibilities to the game of Lacrosse and its participants.

The essential elements in this "Code of Conduct" are HONESTY and INTEGRITY. Those who conduct themselves in a manner that reflects these elements will bring credit to the sport of Lacrosse, themselves, their teams, and the PA Express organization.

We demand the following behaviors from Coaches, Players, Managers, Parents and spectators and anyone else involved in PA Express:

1. The essential elements of the "Code of Conduct" must be followed.
2. Sportsmanship and teaching the concepts of safe and fair play are essential to the game, and must be taught and developed both at home and on the field during PA EXPRESS practices, scrimmages, games and tournaments.
3. Permitting, encouraging, or condoning performance that is dangerous or demeaning to a Coach, Player, Official, Manager, Parent, spectator, or anyone connected with the function of the game of Lacrosse is unacceptable.

4. The emphasis on winning will not be placed above the value of good sportsmanship, the concepts of fair play, team play or the skills of the game.
5. Obscene, foul and/or abusive language or gestures is prohibited during all games, practices, tournaments and at any event where PA EXPRESS, players or members are representing the organization.
6. The safety and welfare of the players are of primary importance.
7. Without limitation, any form of hazing, physical or verbal assault, bullying or harassment of another Coach, Player, Official, Manager, Parent, or spectator is strictly forbidden. This prohibition extends to electronic media such as email and social networks.
8. All adults involved with PA Express must never permit anyone to openly or maliciously criticize, badger, harass, or threaten an Official. To do so is a violation of PA EXPRESS rules and the rules of the game in general and must be considered by all to be unacceptable conduct.
9. Possession, use, distribution or being under the influence of drugs and/or alcohol by Players is strictly prohibited. This includes alcohol, illegal drugs, unauthorized prescription drugs and tobacco.

Players

1. **General Guidelines for Players:**
 - Participation in PA Express is a privilege and all players should be aware of the responsibility that comes with representing PA EXPRESS.
 - Players must abide by PA EXPRESS rules at practice, games, and tournaments, as spectators at lacrosse events and whenever and wherever they are representing PA Express.
 - Violation of the rules subject the player to disciplinary action that can include suspension or dismissal from the team. The nature and severity of any violation will determine the disciplinary action taken and will be at the sole discretion of PA Express Directors and Coaches.
 - If occasions arise that are not fully covered by the PA EXPRESS or USL rules and regulations the PA EXPRESS Directors and Coaches will have the power to decide what action shall be taken against a member.
2. **Sportsmanship** - Sportsmanship and the concepts of safe and fair play are essential to the game of Lacrosse. They must be developed on the field during practices and games as well as off of the field. As a member and a representative of PA EXPRESS, you are expected to behave in a professional and courteous manner while representing our club. Demonstrate the spirit of

sportsmanship, sports leadership and ethical conduct. Always work as a cooperative member of PA EXPRESS. Poor sportsmanship may result in disciplinary action which could include suspension or, in severe cases, dismissal from PA EXPRESS.

3. **Player Accountability** - PA EXPRESS Players are expected to show up at all PA EXPRESS practices and games with a positive attitude and a sincere desire to participate fully and improve as Lacrosse athletes. Be on time for every PA EXPRESS activity including practices, games, meetings, tournaments, etc... ALL practices, games, meetings, and tournaments are mandatory. PA EXPRESS Coaches may excuse Players from participating in team-related activities if the absence is due to family emergencies, illness, religious observance, or other valid and unavoidable conflicts. In the case of a planned absence for any reason, Players are responsible for notifying their Coaches in advance. This responsibility is the players' exclusively. It is not the responsibility of their Parents. Players must not accept a PA EXPRESS team roster spot if they cannot make the required commitment. At the sole discretion of PA EXPRESS Directors and Coaches violations may subject Players to dismissal from PA EXPRESS team rosters.
4. **For more serious offenses, PA EXPRESS Directors and Coaches may take the following steps if and when dealing with disciplinary actions for violations of the rules:**
 - Initial warning with immediate corrective measures and notification of parent
 - Temporary suspension from PA EXPRESS
 - Termination of membership from PA Express
 - Denial of future membership in PA Express

Parents

1. PA EXPRESS Parents will set the example for good sportsmanship at all games, practices and tournaments. You are role models, and will be held to the same high standards of sportsmanship that we expect from our players.
2. Parents must uphold the same PA EXPRESS rules that apply to players in terms of discrimination, disrespectful or abusive language, drug and alcohol abuse, unsportsmanlike conduct, foul language and gestures, etc. Parents in violation of the rules may be suspended from attending practices, games and other PA EXPRESS activities. Additionally, parents in serious violation of these rules may put their player in jeopardy of suspension or expulsion from PA EXPRESS.
3. Parents must allow the PA EXPRESS Coaches to instruct their children during games and practices. PA EXPRESS Parents must also not interfere by offering additional instruction during those times. From the sidelines, you are expected to

enjoy watching your children play Lacrosse, and be their cheerleader, not their coach.

4. Parents must recognize that PA EXPRESS Coaches are willing to discuss players and/or coaching philosophies, but agree that discussions will only take place at the appropriate time and never during a tryout, practice, or game or in the presence of any players or other Parents/Guardians.
5. Parents agree to follow the "24 Hour Rule" : If you have a SIGNIFICANT complaint resulting from a game or practice situation contact the Coach the next day (preferably by email) after a good night's sleep and arrange a suitable time to be able to discuss your complaint in a mutually respectful manner. Please respect that our Coaches are working with a large number of players and that they most have "day jobs" and families of their own.
6. Parents must never confront any PA EXPRESS Director or PA EXPRESS Coach over roster selections for, or playing time on, any PA EXPRESS team. This includes all methods of communication such as email, phone, social network or face to face. Our teams are by design highly competitive teams where the best players available are selected to fill our specific roster needs. These decisions are made exclusively by PA EXPRESS Coaches and based solely on merit. While our Coaches are willing to offer constructive feedback to parents about how their children can work to improve and become more successful Lacrosse players, we will not discuss our evaluations of other parents' children. Parents of those players selected to our teams must understand that equal playing time is not guaranteed on any PA EXPRESS team. Playing time is earned.

Coaches

1. PA EXPRESS Coaches must always be aware of the tremendous influence they have on their players. They are to strive to be positive role models in dealing with young people, as well as with adults.
2. Background checks must be obtained prior to coaching or managing a team. PA Express will reimburse the costs of such check with a receipt for the amount and the appropriate documentation (check request) submitted to the Club.
3. Coaches must establish objectives for their teams and their players and inform them of team and individual player goals.
4. Coaches must be committed to improving as Lacrosse coaches. In so doing they agree to follow the PA EXPRESS coaching model as well as the reasonable directions/instructions of PA EXPRESS Directors.

5. Coaches will teach and practice good sportsmanship at all times.
6. A Coach will respect the game of Lacrosse.
7. A Coach will respect the officials, umpires and tournament officials.
8. A Coach will always try to look out for the best interests of the PA EXPRESS program.
9. Minor breaches of discipline may be dealt with by the PA EXPRESS Coach in consultation with other members of the PA EXPRESS coaching staff.
10. Coaches can expect the respect and support of PA EXPRESS Players and Parents.

Suspension or Termination of PA EXPRESS Membership “Executive Committee”

1. The Board of Directors may suspend or terminate a member of PA EXPRESS if it has been determined that the conduct of the member is adverse to the best interests of PA EXPRESS and the sport of Lacrosse. If a member has not complied with the requirements of his or her membership in PA EXPRESS, that member may also be suspended or terminated.
2. PA EXPRESS must recognize any rulings and/or suspensions given out by all organizations under the jurisdiction of US Lacrosse when notified.
3. A suspension is to be considered a disciplinary action that is not permanent. Suspension from PA EXPRESS prohibits a player and their parents from participating in any PA EXPRESS activity, event, practice or game for the duration of the suspension.
4. Suspended players are fully reinstated to the team at the conclusion of their suspension.
5. Termination, or expulsion, is the permanent removal of a member’s membership in PA EXPRESS. The duration of the membership termination (number of playing seasons) will be determined in advance by PA EXPRESS Directors and Coaches based on the severity of the offense.
6. Because membership in PA EXPRESS belongs to the entire family, serious disciplinary action against one member of the family (whether it is the player or a parent/guardian) extends to the entire family. Therefore, if a parent is expelled from PA EXPRESS, then the player loses their membership, as well. PA EXPRESS has the option at their will to take into consideration families with more than one player participating in the PA EXPRESS program; one player’s expulsion may not necessarily exclude a sibling from participating. *This decision*

will be solely at the discretion PA EXPRESS Directors and Coaches. However, parents who are expelled from PA EXPRESS can expect for the entire family membership to be denied.

7. Any Player, Parent, Coach, or person involved in PA EXPRESS in any capacity who is suspended or expelled from PA EXPRESS will not receive any refund or compensation of any kind.

Player Signature: _____ Date : _____
Please Print:

Parent Signature: _____ Date : _____
Please Print:

Coach Signature: _____ Date : _____
Please Print: