



Sound FC

Player's Code of Conduct

- I will play fairly, by the rules of soccer, and in the spirit of the game.
- I will show respect at all times for all coaches, all referees, all players, all spectators, and all club officials.
- I will be a team player, working equally hard for myself and my team. I will support my team mates and treat them as I would like to be treated.
- I will play for the love of the game. I know that winning isn't everything - having fun, playing fair, improving my skills, making friends and playing my best are always important.
- I will control my temper. I will not be rude, fight or use foul or abusive language or inappropriate gestures. I will never harass an opposing player, a player on my team, or any team personnel.
- I will take personal responsibility to become the best player I can. I understand that it is my Coach's job to provide training opportunities and teach me how to develop skills and understanding of the game, but it is my job to train and work hard so I can improve and grow as a player.

Games and Training

- I recognize that trainings are more important than games.
- I recognize that every game I play is equally important.
- I recognize that I must take ownership of my own development and improvement as a player. I will try to apply coaching points provided in both training and games. I will also devote time to my development through additional practice on my own.
- I will arrive at the field before training and games according to the standards set by my Coach and be ready to start on time. I will adopt the spirit that early is on time, and on time is late.
- If I cannot make a game or training, I will notify my Coach in advance so that arrangements for substitutes can be made. In the case of emergency or unforeseen illness, I will notify my coach as soon as possible.
- I realize that players may get priority in the game starting line-up based on several factors including: consistent attendance at training, skill, performance, position, effort, and attitude.
- I realize that playing time is not always going to be equal. In some games coaches attempt to equalize time for all players. In other games, priority will be given to players who are playing at a higher level at that time in their development.

My Uniform

- I will take good care of my uniform.
- I will wear shin guards, appropriate footwear, and bring my own water bottle to all games and practices.
- At practices I will wear approved attire, such as SOUND FC shirt and shorts; as determined by my coach.
- I will remove all jewelry for practices and games (except for medically approved bracelets and eye wear).

Discipline

- I recognize that the team coach will handle infractions that occur at times other than during a game.
- I recognize that infractions that occur during the game are governed by the Laws of the Game and will be decided by the Referee. The result may be a Caution (yellow card) or Dismissal (red card), in which case there may also be further action, including suspensions or fines, by the league discipline committee.
- I recognize that certain serious infractions will result in a discipline hearing convened by SOUND FC.

Consequences

If the Code of Conduct is not followed by a player, or a player's behavior is interfering with the team, the coach or the club may:

- Remove the player from an event.
- Reduce the playing time of the player.
- Hold a conference with the player and parents.
- Suspend the player for some time period.
- Remove the child from the team.

Player's Name _____ Player's Signature _____

Date _____