

Seattle Starz Code of Conduct

Players and Parents of Seattle Starz are bound by the following Code of Conduct. Membership in our organization is a privilege, not a right, and that privilege can be revoked. Players and Parents are expected to read and understand the rules set forth by our club. Parents and Players alike who violate the Code of Conduct may be suspended or expelled from Seattle Starz, without refund or compensation of any kind, at the sole discretion of Seattle Starz Directors and/or Coaches. Directors and/or Coaches also have the right to deny future membership in Seattle Starz to any Player or Parent who violates the Code of Conduct. Members are also expected to adhere to all rules and regulations of US Lacrosse (USL).

Seattle Starz Players and Parents are to conduct themselves in a manner that "Honors the Game" and demonstrates respect to other Players, Coaches, Officials, Parents and spectators. In becoming a member of the Seattle Starz 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 their organization. It is only through such conduct that our sport can earn and maintain a positive image and make its full contribution to youth sports in the United States and around the world.

We expect the following behaviors from Players, parents, spectators and anyone else involved in Seattle Starz:

1. Sportsmanship and teaching the concepts of fair play are essential to the game, and must be taught and developed both at home and on the field during Seattle Starz practices and games.
2. Permitting, encouraging, or condoning performance that is dangerous or demeaning to a Player, Coach, Official, spectator, or anyone connected with the function of the game of Lacrosse is unacceptable.
3. Derogatory comments are unacceptable. It should be remembered that criticism, once made, can never be retracted.
4. Obscene, foul and/or abusive language or gestures is prohibited during all games, practices, tournaments and as spectators at any event where Seattle Starz members are representing our club.
5. Without limitation, any form of physical or verbal assault, bullying or harassment of another Player, Coach, Official, Parent or spectator is strictly forbidden. This prohibition extends to electronic media such as email and social networks.
6. Possession, use, distribution or being under the influence of drugs and/or alcohol is strictly prohibited. This includes alcohol, illegal drugs, unauthorized prescription drugs and tobacco. Any player who is caught using or in possession of drugs or alcohol will be suspended immediately from the program and if it occurs during an out-of-town event, will be sent home immediately- at the families own expense.

PLAYERS:

1. Participation in Seattle Starz is a privilege and all players should be aware of the responsibility that comes with representing Seattle Starz.
2. Players must abide by Seattle Starz rules at practice, games, tournaments and as spectators at lacrosse events and whenever and wherever they are representing Seattle Starz.
3. All Seattle Starz members are required to comply with, at the very minimum, civil and criminal laws, in addition to the Codes of Conduct of Seattle Starz and US Lacrosse.
4. Players who are involved in conduct that violates civil or criminal law will be subject to suspension or dismissal from Seattle Starz.
5. 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 Seattle Starz Directors and Coaches.
6. If occasions arise that are not fully covered by the Seattle Starz or USL rules and regulations the Seattle Starz Directors and Coaches will have the power to decide what action shall be taken against a member.
7. Sportsmanship and the concepts of 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 Seattle Starz, 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 Seattle Starz. Poor sportsmanship may result in disciplinary action which could include suspension or, in severe cases, dismissal from Seattle Starz.
8. Player Accountability - Seattle Starz Players are expected to show up at all Seattle Starz practices and games with a positive attitude and a sincere desire to participate fully and improve as Lacrosse athletes. Be on time for every Seattle Starz activity including practices, games, meetings, travel, tournaments, etc... For Seattle Starz travel team Players - ALL practices, games, meetings, and tournaments are mandatory. Seattle Starz Coaches may excuse travel Players from participating in travel 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.

PARENTS:

1. Seattle Starz 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 Seattle Starz rules that apply to players in terms of assault, 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 Seattle Starz activities. Additionally, parents in serious violation of these rules may put their player in jeopardy of suspension or expulsion from Seattle Starz.
3. Parents must allow the Seattle Starz Coaches to instruct their children during games and practices. Seattle Starz 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 Seattle Starz 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 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 likely have "day jobs" and families of their own.
6. Parents must never confront any Seattle Starz Director or Seattle Starz Coach over roster selections for, or playing time on, any Seattle Starz travel team. This includes all methods of communication such as email, phone, social network or face to face. Our travel 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 Seattle Starz 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 travel teams must understand that equal playing time is not guaranteed on any Seattle Starz travel team. Playing time is earned.
7. All parents are bound by Seattle Starz rules and Code of Conduct and US Lacrosse rules and Code of Conduct.

SUSPENSION OR TERMINATION OF SEATTLE STARZ MEMBERSHIP:

1. The Board of Directors may suspend or terminate a member of Seattle Starz if it has been determined that the conduct of the member is adverse to the best interests of Seattle Starz and the sport of Lacrosse. If a member has not complied with the requirements of his or her membership in Seattle Starz, that member may also be suspended or terminated.
2. Seattle Starz 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 Seattle Starz prohibits a player and their parents from participating in any Seattle Starz 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
6. Seattle Starz. The duration of the membership termination (number of playing seasons) will be determined in advance by Seattle Starz Directors and Coaches based on the severity of the offense.
7. Any Player, Parent, or person involved in Seattle Starz in any capacity that is suspended or expelled from Seattle Starz will not receive any refund or compensation of any kind.