

**CODE OF CONDUCT AND RULES
FOR PLAYERS OF VIRGINIA
"CLASS ACTION" SCRAPPERS SOFTBALL CLUB**

Players will:

- 1) Respect the game, play fairly, and follow its rules and regulations
- 2) Show respect for authority and be courteous to the officials, coaches, and visiting team
- 3) Play hard and to the limit of ability
- 4) Retain your composure at all times and never enter the playing field to engage in a confrontation. Do not leave the bench during a game. **Parents will not be allowed in the dugout.**
- 5) Be modest when successful and be gracious in defeat
- 6) Maintain a high degree of physical fitness by observing team and training rules
- 7) Demonstrate your loyalty to the club by maintaining a satisfactory scholastic standing
- 8) Set a high standard of dress. When wearing uniform clothing, always have your jersey properly buttoned and your shorts appropriately worn.
- 9) Always respect the privilege of the use of public facilities and keep them clean.

Specific Rules:

- 1) Training: In order to achieve the goal of maximum effort and efficiency, athletes must get proper rest, eat right and train effectively. The use of any form of tobacco, alcoholic beverages, stimulants, steroids or other illegal substances is prohibited. **The use, possession and/or distribution of any of these substances will lead to dismissal from the team and will result in being sent home from a tournament.** Disregard of the training rules set by the head coach will lead to disciplinary action by the head coach. This organization is not established to provide parenting supervision. If the players cannot abide by the curfews and stay in their rooms when directed, they will be sent home.
- 2) Punctuality: Athletes are expected to arrive at practices and games at the pre-established times.
- 3) Attendance: Attendance for games and practices is required as established by the head coach.
- 4) Travel: All players must travel, eat and lodge with their team according to club arrangements.
- 5) Injuries: All injuries must be reported to the Head Coach immediately.
- 6) Attendance at Parties: Athletes are discouraged from attending parties where illegal drugs and alcohol will be used and abused. Athletes found to be attending these functions are subject to dismissal from the team.

I have read, understand and agree to the above stipulations for participating in the Virginia "Class Action" Scrappers Softball Club.

Date

Player's Signature

Parent's Signature