



Parents are vital to the development of young athletes. Whether sitting in the stands or helping out as a volunteer, parents must set a positive example. Parents, and adults involved in youth sports, should be models of good sportsmanship and lead by example on and off the playing field.

### **The INDY PAL Club Parent Code of Conduct:**

**I will** support my child and coach, and refrain from excessive “sideline coaching” from the stands.

**I will** refrain from using profanity.

**I will** abide by doctor’s decision in all matters of players health and injuries, and physical ability to play.

**I will** accept the decisions of the officials on the court or playing field as being fair and called to the best of the official’s ability. Parents must stay off the court or playing field and remain under control in order to set a good example for players and other spectators.

**I will not** threaten or criticize an opposing team, its players, fans, coaches, PAL staff and volunteers or team, by words or gestures.

**I will** support the coaches, players and officials and help teach the value of commitment to the teams, sportsmanship, ethical conduct, and fair play.

**Inappropriate behavior is cause for immediate ejection from the stands. Repeat offenses will result in being barred from future games and league sponsored activities.**

**I will** give constructive criticism during a private moment, never in front of other parents, players, officials, spectators, etc.

**I will not** encourage my child, or any other person, to engage in unsportsmanlike conduct with any coach, parent, player, participants, officials or any other attendee.

**I do** hereby pledge to live up to the INDY PAL Code of Ethics by following the guidelines stated above.

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Parents Signature

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Date



### **The INDY PAL Club Player Code of Conduct:**

Have fun!

**I will** be a good sport (win or lose), be honest, fair and always show good sportsmanship to all coaches, players, officials and fans.

**I will** learn the value of commitment to the team.

**I will** put personal goals aside for the betterment of the team.

**I will** show courtesy and respect to teammates, opponents, and coaches.

I realize that athletic contests, including practice sessions are educational experiences and opportunities.

**I will not** use profanity or engage in unsportsmanlike conduct of any kind.

**I will not** engage in rude behavior or make threatening remarks or gestures of any kind.

**I will** treat everyone, including coaches, parents, players, and officials, with respect regardless of race, creed, color, nationality, or sex.

**I hereby pledge to live up to the INDY PAL Code of Ethics by following the guidelines stated above.**

\_\_\_\_\_  
Players Signature

\_\_\_\_\_  
Date



## **INDY PAL coaching ethics:**

**I will not** criticize players in front of spectators.

**I will** accept the decisions of officials.

**I will not** criticize or threaten the officials, the opposing team, the coaches, fans or parents, through language or gestures.

**I will** emphasize that good athletes are good students, and both are physically and mentally alert.

**I will** strive to make every activity serve as a training ground for life, and as a basis for good mental and physical health.

**I will** emphasize that winning a game is the result of teamwork.

**I shall not** use abusive or profane language before anyone connected with the game.

**I will refrain** from "running-up" the score against an opponent. This includes keeping in the first defense at all times.

**I shall not** be under the influence of alcohol or dangerous drugs.

**I will** set an example in personal conduct at all times.

**I will not** smoke or use any form of tobacco while on the field of play during games, scrimmages or practices.

**I will** treat each player, opposing coach, parent and administrator with respect and dignity.

**I will** learn the strengths and weakness of my players so that I might place them into situations where they have a maximum opportunity to achieve success.

**I will** protect the health and safety of my players by insisting that all of the activities under my control be conducted for their psychological and physiological welfare, rather than interests of adults.

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Coaches Signature

\_\_\_\_\_  
Date