

YMCA PLAYER CODE OF CONDUCT

The VOS-YMCA Player Code of Conduct promotes a safe, respectful, and positive environment for all participants. Players are expected to demonstrate good sportsmanship, show respect to teammates, opponents, coaches, officials, and YMCA staff, and follow all rules and instructions given by coaches and YMCA personnel. Players should act as positive role models, encourage team spirit, and contribute to a supportive atmosphere. The YMCA enforces a zero-tolerance policy for disrespectful, disruptive, or unsportsmanlike behavior, which may result in disciplinary action, including suspension or removal from the program.

1. SHOW SPORTSMANSHIP AT ALL TIMES

- Exhibit the YMCA's core values: **Caring, Honesty, Respect, and Responsibility.**
- Play with integrity and show respect for **teammates, opponents, and officials.**
- Accept both victory and defeat with **humility and grace.**

2. RESPECT COACHES AND OFFICIALS

- Listen to your coach, follow instructions, and be open to feedback.
- Accept referee decisions without **arguing or complaining.**
- Remember: Coaches and officials are here to **help you learn and grow.**

3. GIVE 100% EFFORT & BE A TEAM PLAYER

- Always try your best—**at practices and in games.**
- Hustle, play hard, and **support your teammates.**
- Avoid negative behaviors like **blaming, teasing, or criticizing others.**

4. FOLLOW THE RULES

- Learn and understand the **rules of the game.**
- Play fairly and avoid **unsportsmanlike behavior.**
- No **foul language, bullying, or aggression** is permitted.
 - If you feel overly emotional, **pause and refocus** on the positive side of the game.

5. HAVE FUN AND LEARN

- Youth sports are about **growth and development**, not just winning.
- Focus on **learning and developing skills**, enjoying the game, and becoming the **best version of yourself.**
- Celebrate effort, progress, and teamwork.

6. ENFORCEMENT

- The VOS-YMCA reserves the right to take appropriate action for any Code of Conduct violations, including warnings, suspensions, and or ultimate removal from the sports league. By following the YMCA Sports Department Code of Conduct, I agree to abide and uphold a positive, respectful, and enjoyable environment where all youth participants can thrive and grow.