



Code of Conduct for Interscholastic Student-Athletes

We believe that interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. We also believe that the highest potential of sports is achieved when participants are committed to pursuing victory with honor according to the six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship, (the "Six Pillars of Character"). This code applies to all student-athletes involved in interscholastic sports.

TRUSTWORTHINESS

Trustworthiness – to be worthy of trust in all you do.

- *Integrity* – live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what is right even when it is unpopular or personally costly
- *Honesty* – live and compete honorably; do not lie, cheat, steal or engage in any other dishonest or un-sportsmanlike conduct.
- *Reliability* – fulfill commitments; do what you say you will; be on time to practices and games.
- *Loyalty* – be loyal to your school and team; put the team above personal glory.

RESPECT

Respect – treat all people with respect all the time and require the same of student-athletes.

Class – live and play with class, be a good sport, be gracious in victory and accept defeat with dignity, help up fallen opponents, compliment extraordinary performance, and show sincere respect in pre- and post-game rituals.

Disrespectful Conduct – do not engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals of the sport.

Respect Officials – treat contest officials with respect; do not complain about or argue with the official calls or decisions during or after an athletic event.

RESPONSIBILITY

Importance of Education – be a student first and commit to earning your degree and getting the best education you can. Be honest with yourself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.

Role modeling – remember, participation in sports is a privilege, not a right, and that you are expected to represent your school, coach and teammates with honor, on and off the field. Consistently exhibit good character and conduct yourself as a positive role model.

Self Control – exercise self-control; do not fight or show excessive displays of anger or frustration. Have the strength to overcome the temptation to retaliate.

Healthy Lifestyle – safeguard your health; do not use any illegal or unhealthy substances including alcohol, tobacco, and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.

Integrity of the Game – protect the integrity of the game; do not gamble or associate with or deal with professional gamblers.

Sexual Conduct – sexual or romantic contact of any sort between students and coaches is improper and strictly forbidden. Report misconduct to proper authorities.

FAIRNESS

Be Fair – live up to high standards of fair play; be open-minded; always be willing to listen and learn.

CARING

Concern for Others – demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to yourself or others.

Teammates – help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

CITIZENSHIP

Play by the Rules – maintain a thorough knowledge of and abide by all applicable game and competition rules.

Spirit of Rules – honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

I have read and understand the requirements of this Code of Conduct and acknowledge that I may be disciplined or removed from a team if I violate any of its provisions.

Signature

Sport

Date

