

# PLAYER CODE OF CONDUCT

This is a guideline for determining player participation during the games. Each player is entitled to no more than **10 plays per game** as long as they attend all practices, participate in practices and do not have behavior problems at practice.

Additional playing time is measured below.

1. **Be Prompt-** Be on time and attend all practices and participate in all drills during practice. Football is a commitment that requires dedication.
2. **Be a team player-** Have a positive attitude. Poor behavior is not acceptable for this program. If you are causing problems for your team on the sidelines during practice or a game, you may be running laps or missing plays as a result of your behavior.
3. **Be a student of the game-** This is a critical element to the game that players must continuously work on throughout the season. You must know your positions and assignments. Make sure you fully know your playbook! Not knowing your position or assignments may reduce your playing time.
4. **Be Coachable-** Practices involve both physical and mental training. It is important for you to apply yourself to both these skill sets. Listen to your coaches and follow their guidance! Give your best effort in each practice and game.
5. **Be positive-** Football is the ultimate team sport! Make sure you treat your teammates with respect and the way you want them to treat you! This will build your team unity and the results will show on the field.
6. **Be Safe-** Listening to your coaches, knowing proper technique and working to care for your body as an athlete will keep you safe.
7. **Be Ready-** Teamwork, leadership, encouragement, confidence, size, speed, catching, throwing, agility, coordination, **hitting and taking a hit**, studies, focus, intensity level, and down-right hustle will be a terrific part of your football experience!
8. **Be a student-** It is extremely important that our players perform well in the classroom and set good examples with your behavior at school.

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YAFL PLAYER TO SIGN HERE

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DATE