

## Player Code of Conduct

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### INTRODUCTION

As a player with Sporting California USA, you are part of a prestigious organization with a 37-year legacy of excellence. This Code of Conduct outlines the standards and expectations we maintain for all players. By accepting a position on a Sporting California USA team, you agree to uphold these principles and represent our club with pride and integrity both on and off the field.

### COMMITMENT TO CLUB VALUES

All players must embrace and demonstrate our core values:

- **INSPIRATION** - Supporting teammates and contributing to a positive team culture
- **BELIEF** - Maintaining confidence in yourself, your teammates, and your coaches
- **DETERMINATION** - Pursuing excellence through consistent effort and perseverance
- **DEDICATION** - Committing fully to your development as a player and person

### PLAYER RESPONSIBILITIES

#### Training and Game Preparation

- Arrive at least 15 minutes before scheduled training sessions and 60 minutes before games
- Come prepared with all required equipment:
  - Proper training/game uniform
  - Appropriate footwear for playing surface
  - Shin guards
  - Water bottle
  - Ball (properly inflated) if required by coach
- Notify coaches at least 24 hours in advance if unable to attend training or games, except in emergencies
- Prioritize proper nutrition, hydration, and rest before training sessions and games
- Take responsibility for warm-up and cool-down routines

## Conduct During Training and Games

- Give maximum effort and maintain focus
- Respect equipment and assist with setup/breakdown
- Listen attentively when coaches are providing instruction
- Maintain a positive attitude regardless of performance or game situation
- Accept success and failure with dignity and use both as learning opportunities
- Respect teammates, opponents, coaches, and officials at all times
- Control emotions and avoid inappropriate language or gestures
- Accept coaching decisions regarding playing time and positions
- Embrace club's playing style and tactics

## Personal Development

- Set specific, measurable goals for individual improvement each season
- Review game/training footage to identify areas to improve
- Engage in performance analysis sessions
- Participate in additional technical training when available
- Be open to learning and improving while embracing challenges and value feedback
- Take ownership of development by practicing individually outside of team sessions

## TEAM RESPONSIBILITIES

### Team Unity

- Support teammates in success and adversity
- Communicate positively and constructively with teammates
- Avoid cliques that divide the team
- Celebrate team accomplishments above individual achievements
- Contribute to team chemistry with encouragement and positive reinforcement

### Communication

- Proactively communicate with your coaches about injuries, absences, or concerns
- Address conflicts directly and respectfully with the parties involved
- Maintain open communication with teammates about on-field expectations
- Use appropriate channels for team communication (AthleteOne, Playmetrics, email, etc.)
- Ask questions at appropriate times

## ACADEMIC AND PERSONAL CONDUCT

### Academic Commitment

- Prioritize academic success alongside soccer development
- Maintain good academic standing
- Manage time effectively to balance academics and athletics
- Communicate when academics affect soccer obligations

- Recognize academic success as essential for future opportunities

### **Personal Conduct Off the Field**

- Represent Sporting California USA positively in public
- Use social media responsibly, avoid posting negative comments about teammates, opponents, or referees.
- Refrain from illegal substances, tobacco, alcohol, or performance-enhancing drugs (PEDs)
- Make healthy lifestyle choices regarding nutrition, sleep, and physical activity
- Behave in a way that reflects well on yourself, family, and club

## **RESPECT AND SPORTSMANSHIP**

### **Respect for the Game**

- Play according to rules and spirit of the game
- Accept referee decisions respectfully without argument or excessive reaction
- Avoid tactics that violate the integrity of the game
- Demonstrate fair play even in the most competitive situations
- Respect soccer traditions and etiquette

### **Respect for Others**

- Treat everyone with dignity
- Appreciate the diversity of backgrounds, experiences, and abilities within our club
- Stand against bullying, harassment, or discrimination in every form
- Show appreciation to those who support your soccer journey
- Represent your team, club, and community with pride during travel events

## **CONSEQUENCES FOR CODE VIOLATIONS**

Sporting California USA is committed to providing a positive and supportive environment. However, serious or repeated misconduct will result in appropriate consequences, including but not limited to:

1. Verbal warning
  2. Reduction in playing time
  3. Suspension from training sessions or games
  4. Probationary period with specific improvement goals
  5. Removal from team or club
- Severity will be based on nature, history of violations, and other factors
  - Parents/guardians will be notified of all disciplinary actions

## ACKNOWLEDGMENT

### Player Agreement:

I, \_\_\_\_\_, have read, understand, and agree to abide by the Sporting California USA Player Code of Conduct. I understand that my continued membership with the club is contingent upon adherence to these standards.

Player Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Parent/Guardian Agreement:

I/We have reviewed the Player Code of Conduct with our child and understand the expectations and consequences outlined. I/We agree to support our child in meeting these standards and will reinforce the values of Sporting California USA.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Coach Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**SPORTING CALIFORNIA USA: FORGING CHAMPIONS, BUILDING CHARACTER,  
TRANSFORMING COMMUNITIES**