

Last Chance Lacrosse Club Player Code of Conduct

As a **student-athlete**, I understand that participation in interscholastic athletics is a **privilege** earned through my performance and conduct at home, in the classroom, and in the community. My attitude and behavior reflect on me, my family, my team, my club, and the entire lacrosse community. My actions influence how the public perceives the sport of lacrosse and the **Last Chance Lacrosse Club (LCLC)**. I will conduct myself in accordance with this **Code of Conduct** at all times, understanding that there will be **consequences** if I fail to do so.

I Am a Student First

- I will attend all of my classes. If I miss school, I understand that I may not be eligible to practice or play.
- I will fulfill all academic responsibilities and personal/family obligations. Failure to meet the **Montana High School Association (MHSA)** academic eligibility standards may result in ineligibility to practice or play.
- If I am disciplined at home or school for any reason, I understand that I may be suspended from participation in practices or games.

I Will Show Respect at All Times

I will treat myself, my teammates, my coaches, my club, game officials, opponents, volunteers, spectators, and all members of the community with **respect and dignity**, regardless of race, creed, color, sex, or ability.

- I will not use, possess, or distribute tobacco, nicotine vapor products, alcohol, mood-altering substances, or any illegal or controlled substances.
- I will respect all practice and game fields — both home and away. I will not litter, vandalize, or damage any property, and I will leave all facilities in the same or better condition than I found them.
- I will be honest and cooperate fully with any investigation by the LCLC, MHSLA, and/or law enforcement.
- I will wear all required safety equipment at all practices and games.
- I will make lacrosse a priority and arrive on time, prepared for all practices, games, and team events.
- I will notify my coach in advance if I must miss any part of a scheduled practice, game, or team activity.
- I will give my full effort and attention during practices and games, demonstrating a great attitude, heart, and hustle.
- I will not use abusive or profane language at any time.
- I will not be disruptive or distracting during practices or games.
- I will display **good sportsmanship** and set a **positive example** both on and off the field.
- I will not physically assault anyone. “Physical assault” includes but is not limited to hitting, slapping, pushing, spitting, kicking, or striking with any part of the body or object.
- I will not engage in or support any form of bullying, harassment, hazing, or behavior that humiliates, degrades, or endangers another individual — in person or on social media.
- I will accept the decisions of game officials as fair and made to the best of their ability.

I Am Committed to My Team and the LCLC

Success as a team is achieved through **personal sacrifice, teamwork, and consistent effort**. True success is measured in personal growth, shared experiences, and team accomplishments — not simply wins, losses, or personal recognition.

- I will demonstrate commitment to my team through attendance, attitude, and effort.
- I will be loyal to my team and my club, accepting responsibility for their well-being and success.
- I will support and encourage my teammates on and off the field by giving my best physical and mental effort at all times.
- I will exemplify the motto: **“Team First, Teammate Second, Self Last.”**

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- I will be accountable to my teammates, coaches, and club. I will dedicate myself to improving my lacrosse knowledge, skills, and fitness.
- I will work hard, learn from mistakes, and prepare myself both during the season and in the off-season.
- I understand that playing time is earned through effort, attitude, and adherence to this Code of Conduct.
- I will be punctual, prepared, and focused at all practices and games.
- If I am injured but able to attend, I will still attend practices and games to support my team.
- Unexcused absences or violations of this Code may result in reduced playing time.
- I will speak positively about my club and teammates, addressing any concerns respectfully and directly with my coach.
- I will honor the game by showing appreciation for the opportunity it provides — to grow mentally, physically, and socially through dedication, discipline, and teamwork.
- I will always play within the rules and demonstrate respect for the lacrosse game.

Violations and Disciplinary Actions

If I violate the **Player Code of Conduct** or engage in conduct deemed unacceptable by my coach, the **Montana High School Lacrosse Association (MHSLA)**, or the **LCLC Board of Directors**, I may face disciplinary action, including but not limited to:

- Reduced playing time
- Additional conditioning requirements
- Verbal warning from my coach, LCLC Administration, or MHSLA
- Written warning from LCLC and/or MHSLA
- Suspension or immediate ejection from a game by an official, LCLC, or MHSLA
- Suspension or expulsion from LCLC or MHSLA membership/participation

Ejections

Any player ejected from MHSLA competition for unsportsmanlike conduct will be **ineligible to participate** for the remainder of that event and will be suspended for the **next regularly scheduled or rescheduled game** at that level of competition — as well as all games in the interim.

A **second violation** will result in a minimum suspension of **two additional events** at the same level of competition. LCLC will comply with all MHSLA procedures and enforce any additional sanctions imposed by the Association.

Documentation

I understand that documentation of all incidents and disciplinary actions will be maintained on file by all organizations involved.

Acknowledgment and Signature

I have read and understand the **Last Chance Lacrosse Club Player Code of Conduct**. I agree to abide by these expectations and understand that failure to do so may result in disciplinary action.

Player Name (Print): _____

Player Signature: _____

Date: _____