

CSC CODE OF CONDUCT for players and parents

DRESS CODE

1. On match days, players will wear only the official CSC kit.
2. The kit must be clean and presentable at all times.
3. At training, players will wear training jersey, shorts, and socks. During the colder months, players are encouraged to wear waterproof jackets or sweatshirts.
4. Players are required to wear shin guards at all times during practice and match days.
5. All jewelry must be removed before training and matches.

TRAINING AND MATCH DAYS

1. Punctual attendance on match days and at training is compulsory.
2. Training will be confirmed by the coach to all squad players at the designated venue and time.
3. Any and all injuries occurring during club play should be reported immediately to the Head Coach and any injury occurring outside of club play should be reported as soon as possible to the Head Coach and Director of Coaching.
4. If a player must miss a practice or match, Parents/Players should notify their coach as reasonably possible if they are unable to attend training or a match” we are dealing with humans and things happen that aren’t under our control.
5. Players are expected to maintain their fitness during the off-season. NOTE: Playing requires commitment and sacrifice in order to achieve success. If training is missed, playing time may be influenced by attendance, effort, attitude, and commitment, as determined by Coaching Staff.

PLAYERS’ BEHAVIOR

1. Players will in a respectful, responsible, sportsmanlike, and positive representative of Culpeper Soccer Club, both on and off the field, and follow the guidelines established by the Program.
2. As ambassadors of the Program, all players are expected to uphold the Club’s respected position. Any inappropriate behaviors that threaten the image of the Club could result in disciplinary action up to and including suspension or expulsion from the Club.

3. Players will always give their best, strive for individual excellence, and be responsible for their own actions.
4. Players are expected to always demonstrate fair play and good sportsmanship in accordance with regulations set by all governing bodies.
5. Abusive language or bullying will not be tolerated. If this occurs, disciplinary action up to and including suspension or expulsion from the Club may be taken.
6. Players may not approach, confront, or engage referees or other match officials before, during, or after a match in an abusive manner; This includes anywhere inside or outside of the premises of the facility where the match is played, in accordance with US Soccer's Referee Abuse Prevention policies.

LIFESTYLE

1. At all times, players are expected to maintain a lifestyle appropriate for optimum performance. This includes: • Health diet and nutrition. • Adequate rest and relaxation. • Injury prevention and rehabilitation. • Proper hydration before/during/after training and match days. • Mental wellness. • Respectful use of social media.

PARENTS/SUPPORTERS BEHAVIOR

1. Parents and spectators will in a respectful, responsible, sportsmanlike, and positive representative of Culpeper Soccer Club.
2. Parents and spectators are expected to uphold the Club's respected position. Any inappropriate behaviors that threaten the image of the Club could result in disciplinary action up to and including suspension or expulsion from attendance at CSC activities.
3. Parents and spectators are expected to always demonstrate fair play and good sportsmanship in accordance with regulations set by all governing bodies.
4. Parents and spectators are expected to support the team and players WITHOUT pressure, to praise effort as well as performance, and to encourage and praise regardless of outcome.
5. Parents are not allowed to coach players from the sidelines during matches Parents should refrain from providing tactical instruction and instead offer only positive encouragement.

6. If parents have a concern about a player's involvement in a game, (unless the concern relates to the safety of the player) they are required to wait twenty-four hours before contacting the coach with their concern.

7. Recognize that enjoyment is the primary reason for the players' involvement in the Program.

8. At no time is a parent to step foot onto the playing pitch during a game.

9. Parents and spectators may not approach, confront, or engage referees or other match officials before, during, or after a match; This includes anywhere inside or outside of the premises of the facility where the match is played, in accordance with US Soccer's Referee Abuse Prevention policies.

I understand and agree to abide by the CSC Code of Conduct and commit to abide by this code. _____ Player's Name

_____ Parent's Signature Date

_____ Parent's Signature Date

_____ Player's Signature Date