

## **RAMMS CODE OF CONDUCT & DISCIPLINE & RULES**

This is the Code of Conduct that governs participation in RAMMS sponsored activities (including, but not limited to, evaluations, drafts, practices, games, and use of the digital platforms to communicate with RAMMS parents and families). This Code of Conduct is intended to be an outline of the principles and rules that govern the conduct of all coaches, players, parents and guardians, spectators, and officials during RAMMS sponsored activities. RAMMS' programs are designed to teach sportsmanship, improve athletic skills, and provide wholesome and enjoyable entertainment for the children involved.

To achieve these goals requires that everyone adhere to certain rules of conduct. Coaches, officials, parents and guardians, and spectators are expected to adhere to the following principles:

1. Children need positive examples. Negative criticism can damage young egos and discourage athletes. Make athletic participation for the athletes a positive experience.
2. Attempt to relieve the pressure of competition, rather than increase it.
3. Always show respect to opposing coaches and officials.
4. All coaches are volunteers giving personal time to provide a recreational activity for the athletes. Coaching is a valuable community service and should be encouraged and rewarded, not criticized.
5. Applaud good plays made by your team and by members of the opposing team. Do not criticize bad plays by either team or any player.
6. The officials try to officiate to the best of their ability. They will make mistakes. Do not question the official's judgment and never question the official's honesty. The official is a symbol of fair play, integrity, and sportsmanship for athletes.
7. Accept the results of each game. Encourage athletes to be gracious in victory and proud of their conduct and effort in defeat.
8. Parental and spectator behavior greatly influences children. The attitude shown by parents and spectators at practices and games towards their child, other children, opposing team members, officials, and the coach, influences the child's values and behavior in sports and in life.

Criticism and disrespect for officials and opponents undermines the purpose of sport and brings into the game stressors beyond those of competition. Coaches, parents and guardians, and spectators should be positive and constructive at all times.

## **SPECIFIC CONDUCT**

### **COACHES:**

By accepting a coaching position on a RAMMS team, a coach agrees to follow RAMMS rules and disciplinary procedures.

1. Coaches must have their teams at the field or court a minimum of 20 minutes before game time.
2. Coaches must have a copy of the rules of the sport and must read the rules before the season begins. Knowledge of, and playing within, the rules is an integral part of coaching in RAMMS
3. Coaches must discuss questions of rule interpretations in a mature, calm, and reasonable manner at all times. Coaches shall not use abusive language in front of coaches, officials, parents and guardians, or spectators. RAMMS coaches are expected to interact with officials and opposing coaches in a manner consistent with the recreational nature of and stated goals of RAMMS.
4. Coaches shall not use profanity at any time.
5. Coaches shall not criticize their players or opposing players in a manner that embarrasses or discredits the athlete.
6. Coaches shall not have alcohol, cannabis products, or any other drugs that cause impairment at any time during RAMMS sponsored activities. Likewise, coaches shall not be under the influence of alcohol, cannabis products, or any other drugs that cause impairment during RAMMS sponsored activities.
7. Coaches shall exercise discipline over, and be responsible for, the conduct of the players on their team. A coach may suspend a player for one game if necessary, but the suspension must be approved in advance by the League Commission and/or Director. Suspension of a player beyond one game for misconduct must be approved by the D&R Committee.
8. Coaches are responsible for the conduct of parents and fans of team members and shall cooperate with the official in dealing with any loud, abusive, or otherwise disruptive parent or spectator.
9. Coaches must hold practice at least once per week during the sports season and must hold at least one practice prior to the first game of the season.
10. Coaches must participate in a pre-game meeting with the official(s) and opposing coach. The purpose of this pre-game meeting can differ sport-to-sport. Generally, however, the

pre-game meeting should serve as a minimum for the coaches to meet each other and the official(s) and discuss any rule issues or interpretations that have come up during that season.

11. If a Coach suspects (or is told by an official and/or opposing coach) that a player sustained a concussion in a practice session or game, that player must be immediately removed from the activity and that player's parent or guardian must be notified immediately.

12. Given the recreational nature of RAMMS, coaches must understand and adhere to the minimum play time requirements for players set forth in the rules of each league.

#### PLAYERS:

1. No player may play in any RAMMS sponsored regular season game, playoff game, or championship game unless the player has registered for the sport and paid all applicable fees or the fees have been waived.

2. Players shall follow the direction of their coaches and all officials during the game.

3. Players shall not use loud, abusive or profane language.

4. Players shall not criticize their team members, opposing team members, coaches or officials.

5. Players shall be responsible for their uniforms and any equipment provided by RAMMS.

6. Players are expected to wear the uniform and general athletic gear required for the sport. Any specific requested deviations from the uniform for a particular sport should be addressed with the players coach and commissioner of the league.

7. Players shall not argue with an official's call.

8. Players shall show good sportsmanship during all games and practice.

9. Players shall be gracious in victory and in defeat.

#### PARENTS, GUARDIANS, AND SPECTATORS:

By enrolling a child to participate in a RAMMS sponsored program, parents and guardians agree to be subject to the rules and disciplinary procedures of RAMMS with regard to the conduct of the parent and child during RAMMS activities. RAMMS is also aware that families and friends of numerous players come to games and practices. RAMMS expects parents and guardians of the players to ensure that any guests they invite to games and practices also adhere to the below rules.

1. All spectators shall remain in the designated spectator areas at all times during games.

2. Parents/guardians may come onto the field of play or into the players' area only when invited by a coach to help conduct the game. Once a parent/guardian has agreed to help a coach, the parent/guardian is subject to all rules governing RAMMS coaches. Spectators who are not a parent/guardian of a player should never enter the field of play or into the players' only area, unless specifically requested to keep score by a coach during volleyball and/or basketball games.
3. Spectators shall never use loud, abusive, or profane language while attending a RAMMS event.
4. Spectators shall not question the call of an official or the actions of a coach during the game and may be asked to leave the premises if such action occurs.
5. Spectators shall not have alcohol at any time at any RAMMS sponsored activities.

## D&R COMMITTEE

### PURPOSE OF THE COMMITTEE

The purpose of the D&R Committee is to review and take appropriate disciplinary action resulting from misconduct related to RAMMS athletics. The D&R Committee shall hear complaints and render appropriate disciplinary action.

### COMMITTEE MEMBERS

The committee consists of members of the RAMMS board of directors as selected by the president of RAMMS.

### JURISDICTION AND AUTHORITY

The jurisdiction of the D&R Committee shall extend to all RAMMS sponsored activities. Misconduct by coaches, officials, players, parents and guardians, or spectators, or other persons that occurs prior to, during, or after a RAMMS sponsored activity may be reported to the D&R Committee via the methods outlined below in the Complaint Procedure section.

Complaints against the officials are to be directed to the League Commissioner and/or Director for the sport at issue. The D&R Committee does not have jurisdiction over officials except through the League Commissioner and/or Director. The League Commissioner and/or Director will inform appropriate persons within the officials' association and provide whatever information or documentation the officials' association requires to handle the complaint.

The D&R Committee has the authority to find any participant (coach, official, player, parent or guardian, or spectators) guilty of a Code of Conduct Violation and sanction the offending party. If

an official terminates a game due to misconduct, the D&R Committee has the authority to award a win to the opposing team.

## COMPLAINT PROCEDURE

A coach, official, player, parent or guardian, or spectator may make a complaint regarding misconduct. Any complaint should include as much information as possible, including the sport, date, location, a description of the incident, and, if possible, include the names of all pertinent witnesses to the incident. Complaints must be sent directly to [conduct@ramms.org](mailto:conduct@ramms.org) to be investigated by the D&R Committee

Upon receiving the complaint, the D&R Committee will notify the accused individual of the complaint (keeping the complainants' name(s) anonymous if deemed appropriate). The D&R Committee will investigate the complaint. All actions by a coach, player, official, parent or guardian, or spectator will be carefully considered. The D&R Committee's decision is final.

### **Penalty:**

The D&R Committee has the authority to impose sanctions ranging from a verbal warning to a permanent ban from RAMMS athletics.