



## **SYC Virginia Lady Legends Fastpitch Softball Code of Conduct and Team Policies**

### **Introduction**

Each season, we strive to ensure that all travel softball players and their parents or guardians and guests/fans understand the expectations set forth for a successful and enjoyable experience. Our goal is for every player to have fun, grow their skills, and create lasting memories with minimal distractions. By fostering mutual respect and collaboration among players, parents, and coaches, we believe this can be achieved.

The values of teamwork, sportsmanship, and respect are fundamental to our program, and we expect all participants to embody these principles. As a player, your behavior not only reflects on you but also on your teammates, coaches, and the organization as a whole. In exchange for the privilege to participate, we ask that all players and parents commit to upholding the following code of conduct to ensure a positive environment for everyone.

We encourage everyone to get involved! The success of our organization depends on the collective effort of all members. Players are expected to participate in all fundraising events, and parents are encouraged to volunteer and lend a hand whenever possible. There's plenty of work to be done throughout the year, but we make it fun as well. Join us at events, connect with other families, and support your team, coaches, and most importantly, your daughters!

### **Instructions**

*Please read over the player/parent/legal guardian code of conduct carefully. The player/parent/legal guardian/coach Code of Conduct can additionally be found on the <https://www.sycva.com/travelsoftball> website. Parent(s)/Legal Guardian(s), please sign and have your athlete sign that you agree, along with today's date and send back to your Head Coach.*



## Player Code of Conduct

Players must have a “**Team First**” approach. Each player will be required to play multiple defensive positions and may be asked to contribute in various ways offensively, based on the specific needs of the team. Players are expected to exhibit a 100% effort in preparation, practice and during games.

### Commitment to the Team

- **I agree** to put the team first, understanding that I may be required to play multiple positions and contribute both defensively and offensively based on the needs of the team. I will always give 100% effort during preparation, practice, and games. I understand there are no guarantees regarding playing time or position, as this is a competitive team.
- **I agree** to attend all practices, scrimmages, games, and team functions. If issues arise, I will communicate with the head coach ahead of time. I understand that unexcused absences may result in limited playing time.

### Effort and Positive Attitude

- **I agree** to listen to my coaches at all times during practices and games. I agree not to question the coach about player positions or playing time during the game. I agree to address any concerns I have with the coaching staff in a constructive manner, outside of practice, games, and the dugout.
- **I agree** to always perform to the best of my ability at all practices and games, understanding that this is all that can be asked of me.
- **I agree** to respect and support my teammates, recognizing that bullying will not be tolerated and can result in loss of playing time.
- **I agree** not to use profanity, abusive language, physical aggression and uncooperative behavior/body language (including: facial expressions, negative back talk, tantrums, body gestures that criticize my coaches or any member of the coaching staff, players or parents, throwing equipment.)
- **I agree** to respect everyone’s personal space.

### Sportsmanship and Respect

- **I will not** post any negative social media content about my teammates, coaches, or the organization. If in violation—could result in dismissal from the team and the SYC program.
- **I agree** to practice good sportsmanship by treating all players, coaches, parents, officials, and opponents with respect.
- **I agree** to always cheer positively, providing encouragement for both teams and never using negative cheers against opponents.



## Player Code of Conduct (Cont.)

### Respect for Equipment and Safety

- **I agree** to always take care of my equipment and the team's equipment, refraining from throwing or using it improperly. I will carry my own equipment on and off the field and to and from practices at all times, unless injured.
- **I agree** to assist my coach and team by helping with equipment and dugout cleanup.
- **I agree** to use all required safety equipment as instructed by my coaches.

### Conduct During Games

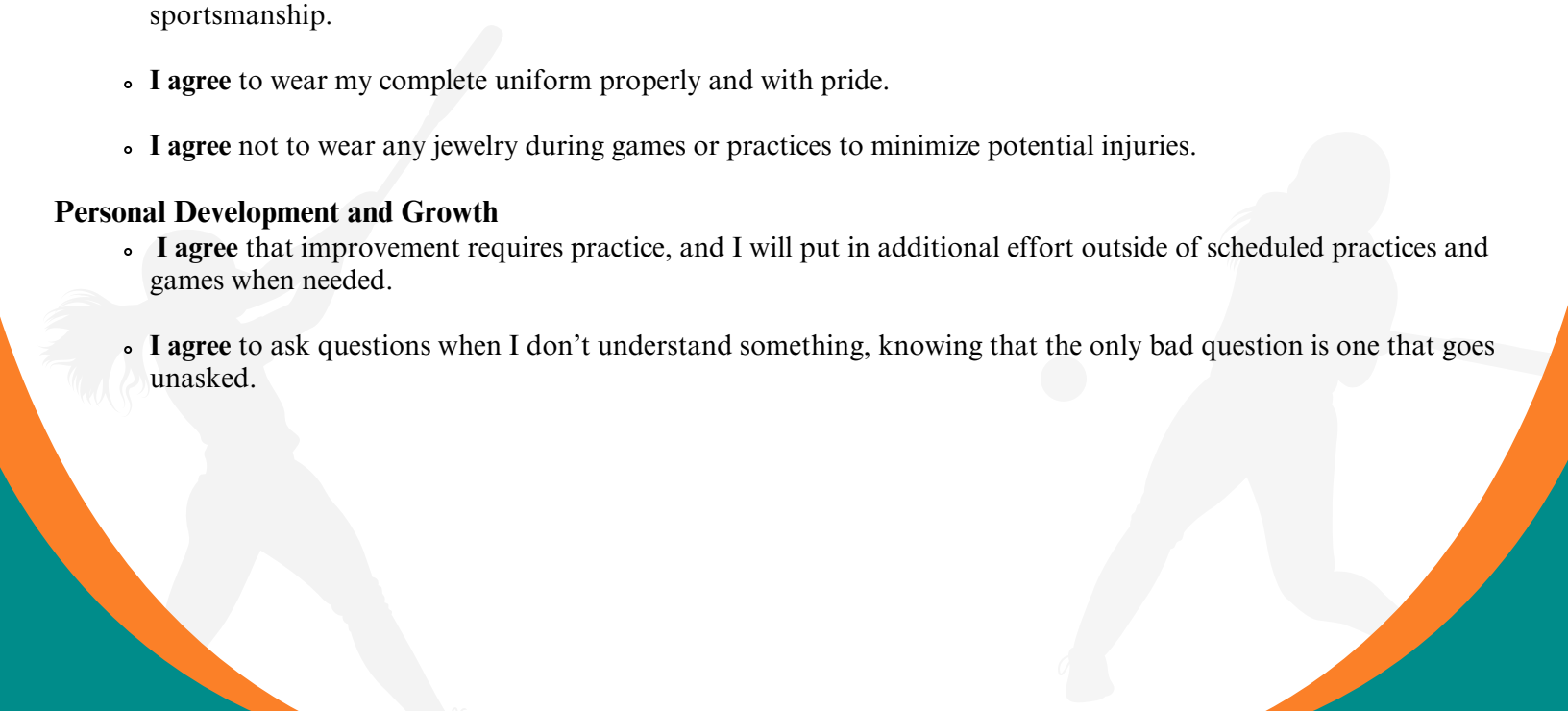
- **I understand** that team rules require both myself and my teammates to remain in the dugout, on the bench, or out in the field at all times while the game is in progress. I am not permitted to sit with parents or spectators, even if I am not currently playing in the game. (Exceptions: excused illness).
- **I understand** there will be no phone usage during practice, during games in the dugouts, or at fundraisers, whatsoever.
- **I agree** to stay engaged during games, knowing how many outs there are, where I follow in the batting order, and where to make plays.
- **I agree** to treat umpires with respect, understanding that their decisions involve judgment, and will refrain from openly criticizing them during games.

### Presentation and Behavior

- **I agree** to shake hands with opposing players, coaches, and officials at the end of each game as a sign of good sportsmanship.
- **I agree** to wear my complete uniform properly and with pride.
- **I agree** not to wear any jewelry during games or practices to minimize potential injuries.

### Personal Development and Growth

- **I agree** that improvement requires practice, and I will put in additional effort outside of scheduled practices and games when needed.
- **I agree** to ask questions when I don't understand something, knowing that the only bad question is one that goes unasked.





## Parent(s)/Legal Guardian Code of Conduct

As a parent/legal guardian/grandparent, I understand that my actions impact not only my child/athlete but also the other players in the league. It is my responsibility to model respect, sportsmanship, and integrity in all situations. Our players are developing important life skills like communication, conflict resolution, teamwork, and time management. As parents, we demonstrate these skills every day, and it's essential that we provide a positive example for our youth to follow.

- No parents/guardians or fans are permitted in or around the dugout during games, unless it is in the case of an injury/emergency. No players are allowed to leave the dugout without the coach's permission during a game.
- I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
- I will not coach from the stands or outside the fence during practices and games. The parents/guardians have entrusted the coaches to teach/coach their children so let the coaches do exactly that.
- I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
- I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
- I will not discuss or criticize another player with the coaches or other parents.
- I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- I will remember that children participate to have fun and that the game is for youth, not adults. I will not ridicule or yell at my child or other participants for making a mistake or losing a competition.
- I will not post any derogatory remarks or commentary about the league, coaches, parents or players on any social media and I will not allow my child to do so.
- I will teach my child to treat other players, coaches, umpires and spectators with respect, regardless of race, creed, color, sex or ability.
- I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.

**If you have concerns about players, coaches, umpires, fields or any other aspect of the league, please direct them first to the Head Coach, and then to the SYC Travel Softball Commissioner- Anastasia Johnston [travelsoftball@sycva.com](mailto:travelsoftball@sycva.com).**



## 24-Hour Team Rule

Coaches are a critical part to the existence of youth athletics. As parents we will not always agree with a coach's decision. However, it is important to recognize that the coach's role is to make decisions for the team first and a player second. Often, we tend to recognize the coaching staffs' decisions through our player first and the team second. Also, we need to understand that most players are not aware of any problem until we, as parents, bring it to their attention.

Many sports throughout the United States have adopted the 24-Hour rule to address significant concerns, while attempting to remove the emotional concerns, particularly in the presence of the youth athlete. SYC Travel Softball subscribes to the 24-Hour Rule. The intent of this rule is to move an emotional and confrontational discussion away from the presence of the players, and to allow the parties to 'cool off', compose themselves, and put the incident or situation that occurred in the game in perspective before meeting to discuss it. This means that parents are not to discuss any "negative" game or practice situation(s) with the coaching staff until at least 24 hours have passed from the completion of the game or practice.

A confrontation shall consist of any conversation, which elevated from a normal speaking tone and demeanor to one which involves yelling, profanity, or derogatory comments toward said coach, team, player, board member or official.

At this point, if the issue remains a concern, the following procedure must be followed:

1. The parent will contact the Head Coach and schedule a meeting with the Head Coach that will be documented.
2. The Head Coach will respond to the issue of concern to the parent.
3. If the parent feels that the issue of concern remains and has not been appropriately addressed, the parent may contact the Travel Softball Commissioner and/or SYC Program Manager to set-up a meeting.

*\*\*Email or texts are not accepted methods to discuss concerns. However, email or text can be used to schedule a meeting with a coach to discuss concerns.*

Please respect the significance of the 24-Hour Rule Policy. If we honor this concept, concerns will be moved away from an audience with our children, a possible ill-timed discussion, and issues will be viewed in the proper perspective.

Violation of the 24 hour rule policy will result in the following:

- **First Offense:** Parent receives a 1 week suspension from all games and practices
- **Second Offense:** Parents receives a 2 week suspension from all games and practices
- **Third Offense:** Family will be asked to leave the program indefinitely without the possibility of a refund.



## Acknowledgement Form

**If you have multiple players in the travel softball program, please have all of them sign the same form to simplify the process. Once completed, submit a copy to the respective coaches if your players are on different teams.**

- I, \_\_\_\_\_ have read, understood and agree to abide by SYC Virginia Lady Legends rules and guidelines as written in the Code of Conduct handbook. By adhering to this code of conduct, I commit to representing my team and the organization with integrity and respect both on and off the field.

\_\_\_\_\_  
Player's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
2nd Player's Signature  
(if applicable)

\_\_\_\_\_  
Date

- I, \_\_\_\_\_ have also read, understood, and agree to abide by the SYC Virginia Lady Legends rules and guidelines as written in the Code of Conduct handbook and Welcome Packet. I will complete all forms and submit them promptly to my daughters' head coach. Additionally, I will assume all financial responsibilities related to my child during the 2024/2025 Lady Legends softball season.
- I/We, the parent(s)/guardian(s), agree to provide a copy of birth certificate for the above player upon request by the Lady Legends travel softball program, and understand that copies of birth certificates are also mandated by league and tournament programs.

\_\_\_\_\_  
1st Parent/1st Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
2nd Parent/2nd Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
3rd Parent/3rd Guardian Signature

\_\_\_\_\_  
Date