

Cocoa Beach Jr Sr High School (CBHS) Lacrosse Program

Player Policies, Code of Conduct & Acknowledgment Form

Player Information:

Player Name: _____

Grade: _____

Circle: CBHS Boys Lacrosse 2026 Season / CBHS Girls Lacrosse 2026 Season

I. Code of Conduct

All members of the Cocoa Beach High School Lacrosse Program are expected to represent themselves, their families, and the CBHS Boys and Girls Lacrosse teams with honesty, integrity, and character academically, athletically, and socially by:

- Honoring the game by playing with maximum competitive effort and obeying the rules of the game.
- Respecting the coaches, officials, opponents, teammates, and spectators at all times. No trash talking or cussing on the field at anytime.
- Making practice a priority; arriving on time and prepared.
- Taking responsibility for actions done on and off the field and accepting those consequences.
- Always give best physical and mental effort.
- Maintaining a minimum 2.0 GPA and prioritizing academics. Athletes are responsible for updating coaches on academic issues.
- Attending school before practices or on game days.
- Following all team, school, and legal rules and policies.
- Taking care of your physical and mental well-being and sustaining peak physical readiness.

Violations of the Code of Conduct **will** result in disciplinary action including verbal warning, written reprimand, suspension, removal from the team, or may result in disciplinary action within the school.

II. Practice Expectations

Practices are mandatory unless excused by a coach.

Players must personally notify coaches if absent or late.

Arrive at least 15 minutes early, fully equipped, and ready to begin on time.

No jewelry of any kind may be worn during games or practices. (This includes necklaces, earrings, body jewelry, nose piercing, and bracelets.) (Flat studs should be worn if needed for earrings, or nose piercings.)

New players are expected to complete additional stick work outside of practice.

Girls: Players who consistently miss practice, are late, or do not abide by these policies will be placed on a demerit system. 3 demerit warnings will result in less game involvement. 5 demerit warnings may result in athlete removal from the team.

III. Games

Players must arrive at least one hour before game time and be ready for warm-ups 45 minutes prior or time given by the head coach.

Excellent sportsmanship is required at all times.

Leave sidelines and facilities cleaner than found.

Girls: Respect officials, coaches (on both sides), Athletes, and ANY PERSON located on the sidelines. Failure in excellent sportsmanship will result in being placed on the demerit system.

IV. Academics

Academic success is a priority. Players must meet FHSAA eligibility requirements to compete and earn a Varsity letter.

V. Facilities & Equipment

Players are responsible for maintaining personal equipment, respecting teammates' equipment, and keeping all facilities and storage areas clean and organized.

VI. Varsity Lettering Requirements

- Play in at least one (1) regular-season Varsity game.
- Maintain a minimum 2.0 GPA throughout the season.
- Have no unexcused absences from practice or missed games.
- Have no disciplinary actions resulting in suspension or removal from the team.

Acknowledgment & Signature

I acknowledge that I have read, understand, and agree to comply with all CBHS Lacrosse Program policies outlined above.

Athlete Signature: _____

Date: _____

Parent/Guardian Signature: _____

Date: _____