



SPORTSMANSHIP MANUAL



UILTEXAS.ORG



TABLE OF CONTENTS

Mission Statement	1
Good Sportsmanship	2
Open Letter to the Fan	3
<u>Character</u>	
Fundamentals of Sportsmanship	4
Behavior Expectations for Coaches/Student Participants	5
Behavior Expectations for Others	6
<u>Attitude</u>	
Public Address Announcements	7
<u>Responsibility</u>	
Crowd Control Planning	8
UIL Code of Conduct for Students	9
UIL Code of Conduct for Coaches	10-11
Steroids	12
<u>Ethics</u>	
Hazing	13
Gambling	13

MISSION STATEMENT

In perception and practice, good sportsmanship is defined as those qualities of behavior characterized by generosity and genuine concern for others. Awareness is expected of the impact of an individual's influence on the behavior of others. The University Interscholastic League views good sportsmanship as a concrete measure of the understanding and commitment to fair play, ethical behavior and integrity. Responsible behavior at athletic events by participants, coaches, fans, cheerleaders and others as a result of clearly stated goals placed into practice by the UIL and its member schools is the overall goal of the UIL.



"Champions keep playing until they get it right."

-Billie Jean King, Former Professional Tennis Player



GOOD SPORTSMANSHIP

STEPS FOR ESTABLISHING GOOD SPORTSMANSHIP

Define Goals

Goals of good sportsmanship should be clearly stated at interscholastic events and available to coaches, players, parents and spectators.

Athletic Policy Manual

Proper sportsmanship should be emphasized in all materials distributed to student-athletes, parents and spectators. Coaches and school officials should ensure that all participants are trained in good sportsmanship before the season begins.

School Board Support

The philosophy and goals of the

interscholastic activity programs should be adopted by the school board. Good sportsmanship should always be emphasized as an integral part of educational activities.

Administrative Support

In order to ensure good sportsmanship, district administrators need to emphasize common sportsmanship goals.

Communication

Desirable sportsmanship behaviors should be articulated and reinforced through game programs, tickets, preseason meetings, assemblies, coaches, athletes

and parents. Announcements about proper sportsmanship should be made during all UIL sanctioned events. (see page 6)

Rewards

Positive behaviors should be recognized and rewarded accordingly.

Contingency Plan

Each district should have a contingency plan in place to respond to critical contest situations. All parties of the district should know and understand these procedures so that all actions will be of a cohesive manner.



PROMOTING GOOD SPORTSMANSHIP

- Develop and enforce a code of conduct.
- Form a committee dedicated to helping build sportsmanship in your school and community.
- Develop a sportsmanship awards program to honor those individuals who exhibit outstanding sportsmanship, ethics and integrity.
- Hold preseason meetings and assemblies before contests to encourage students to exhibit proper conduct.
- Become involved in National High School Activities Week and National Be a Sport Day

sponsored by the National Federation of State High School Associations.

- Work with local radio and television stations to air public service announcements on sportsmanship.
- Display messages of good sportsmanship throughout school hallways, in gymnasiums, on playing fields and around the community.
- Have coaches, players and administrators speak to local clubs and organizations to stress the need for good sportsmanship in the community.

- Conduct clinics for parents and others to discuss playing and contest rules, ethics and good sportsmanship.
- Make visitors feel welcome when they attend a contest at your school.
- Ensure that game and facility personnel are helpful and polite to spectators.
- Make frequent public address announcements at athletic events concerning the importance and use of proper sportsmanship.



Dear Fan,

You walk up to the stadium or field ready to see a clash between your high school team and your most hated rival. You pull out your hard earned cash for that ticket, that golden ticket that allows you to sit where you plan to “help” your team with constant berating of the opposing team and officials. You feel it is your duty as a fan to do everything you can for your team, and your role is to call it like you see it from 50 feet away in the stands.

What you don’t understand is that your verbal abuse does nothing more than tear at the fabric of high school sports. The players on the athletic field, court or diamond are not being paid to play; they are not professional athletes that have to deal with fans like you on a daily basis. It is a privilege, not a right for these athletes to compete as much as it is a privilege for you to sit in the stands and watch.

But what about your golden ticket that you paid good money for, doesn’t that entitle you to something? Yes, you get the opportunity to watch two schools show off their skills and what they have learned in the athletic classroom. Other than that, your ticket gives you little more than a first-come-first-serve spot on a crowded row of bleachers. Contests could not exist without rules, and just as the players have to abide by rules on the field, you too have to follow the rules in the stands.

It’s not your fault; you probably had someone much like yourself at your high school games. Hopefully it’s not the case, but you may never have seen proper spectator decorum. The UIL has a few basic tips that can help steer you in the right direction.

1. The field of play is the athletic classroom for student-athletes. Instead of math and science they learn teamwork and group responsibility, in addition to dealing with success and overcoming adversity. You wouldn’t dare interrupt a teacher giving a test to his or her students, yet you do it to coaches and student-athletes routinely in their classroom.
2. Your ticket does not entitle you to disrespect or degrade others in any way. Everyone who is a part of high school athletics gives their best effort, and that commitment to educational athletics should be celebrated.
3. Understand that the student-athletes you are watching will make mistakes, and no participant should be ridiculed at any time because of their efforts. Many of them are still learning the games they play and can easily be disheartened by a rouge fan attacking their performance.
4. High school coaches are actually full-time teachers first and coaches second. Anyone who tries to reverse this order is taking the first step to destroying a program. No one wants a program to fail, but the merciless pressure you put on him or her as someone who had nothing to do with the building of the program can bring it down.
5. Officials are present to promote the game and the student-athletes involved. They make judgment calls in good faith based on their knowledge and extensive training. A lot of time and effort has gone into making sure they know the rules better than you. Respect their decisions.
6. Finally, you are a guest of the school and should act like one. Winning is an admirable goal of competition, but it is nothing if it comes at the expense of morals, ethics, and common sense.

This manual is intended to help participants and school officials understand the importance of sportsmanship in UIL athletics. Please take the time to read each section and feel free to visit our website at uiltonline.org. If you have any questions regarding sportsmanship or the UIL, please contact one of our staff members.

- University Interscholastic League



CHARACTER

CHARACTER IS DEFINED AS THE AGGREGATE OF FEATURES AND TRAITS THAT FORM THE INDIVIDUAL NATURE OF A PERSON OR THING. THIS SECTION COVERS THE FUNDAMENTALS OF SPORTSMANSHIP, EXPECTED BEHAVIORS FROM INDIVIDUALS AT SPORTING EVENTS AND TIPS ON PROMOTING GOOD SPORTSMANSHIP.

FUNDAMENTALS OF SPORTSMANSHIP

LEARN CONTEST RULES

It is essential to be well informed of contest rules. The spirit of good sportsmanship depends on conformance to a rule's intent and to the letter of the given rule. Learn and abide by contest rules at all times.

EXERCISE RESPONSIBLE BEHAVIOR AT ALL TIMES

In order to ensure the true value of interscholastic competition, one must understand their own personal prejudices that may affect judgment and be sure that personal actions are beneficial to the educational values of the activity. Your behavior influences others whether you are aware of it or not.

RESPECT OPPONENTS AT ALL TIMES

Opponents are guests and should be treated accordingly by providing the best accommodations and tolerance at all times. Showing respect for opponents is not only proper, but will positively reflect on your school, team and family.

RECOGNIZE AND APPRECIATE SKILLED PERFORMANCES REGARDLESS OF AFFILIATION

Applaud the good efforts made by an opponent as well as your team. Applause is a sign of compassion, recognition of a good performance, reflects a true awareness of the game and should be practiced regularly.

RESPECT OFFICIALS

Officials are present at a contest to ensure participants, coaches and spectators follow the intent of the rules. Their impartial judgment should not be called into question and blame should never be placed on officials before, during or after competition. The rule of good sportsmanship is to accept and abide by decisions made by officials in order to teach this valuable lesson to students for application later in life.

RESPECT TEAMMATES AND YOURSELF

The foundation of proper sportsmanship begins with your ability to recognize and appreciate the efforts of your teammates as well as yourself.



Avoid any activities that could be classified as hazing toward teammates and respect yourself by choosing not to take performance-enhancing drugs.

POSITIVELY INTERACT WITH FANS

Regardless of team affiliation, an important aspect of good sportsmanship is the positive interaction participants, coaches, officials and others have with fans attending a contest. Through positive interaction, a level of decency and compassion is illustrated to individuals attending the sporting event and continued attendance is desired.

DISPLAY REPRESENTATIVE BEHAVIOR AT ATHLETIC EVENTS

As a representative of your school, never allow poor judgment to interfere with the responsibility you have to positively reflect on your program. Regardless of your stature as a student, player, coach, parent or spectator, it is paramount that you show proper sportsmanship and by doing so show that you value the benefits of UIL athletics.

"Most people run a race to see who is the fastest. I run a race to see who has the most guts."

- Steve Prefontaine, Former Olympic Athlete



BEHAVIOR EXPECTATIONS FOR COACHES



- Exemplify the highest moral character, behavior and leadership, adhering to strong ethical and integrity standards. As coach, it is your responsibility to act in a positive manner to show your athletes the proper way to conduct themselves in competitive situations.

- Respect the integrity and personality of the individual athlete.
- Do not ask an athlete to do anything that will put their integrity in question.
- Abide by and teach the rules of the game in letter and in spirit.
- Set a good example for players and spectators to follow.
- Refrain from arguments with officials or other coaches in front of players and spectators.
- Shake hands with the officials and opposing coaches before and after the contest. This shows mutual respect between two school officials and also illustrates good sportsmanship to spectators of the game.
- Respect the integrity and judgment of game officials. Do not call their integrity into question. By showing respect for officials, you not only are promoting good sportsmanship but also showing others the proper way to handle situations.
- Treat opponents and officials with respect and hospitality when hosting an event. This includes having proper dressing areas and any pertinent information that could be useful such as game schedule and post-game procedures.

- Be sure to stay on schedule. Doing this will help the officials keep the contests running smoothly and reduce the amount of time in between contests.
- Display modesty in victory and graciousness in defeat in public and in talking with the media. Confine remarks to game statistics and the performance of your team. Never degrade the performance of any participant, coach or official.
- Hold a pre-season meeting to discuss proper sportsmanship with your athletes and parents. It is your responsibility to help ensure that positive sportsmanship is displayed at sporting events.
- Develop a program that rewards participants and spectators for displaying proper sportsmanship and enforces penalties on those who do not abide by sportsmanship standards.
- Be no party to the use of profanity, obscene language or improper actions, which include the verbal or physical abuse of participants, coaches, officials or spectators.

BEHAVIOR EXPECTATIONS FOR STUDENT PARTICIPANTS

Behavior Expectations of Student-Athletes

- Accept and understand the seriousness of your responsibility, and the privilege of representing your school and community. Make good sportsmanship a top priority for you and your teammates.
- Live up to standards of sportsmanship established by the school administration and the coaching staff.
- Learn the rules of the game thoroughly and discuss them with parents, fans, and fellow students. This will assist others as well as you in the achievement of a better understanding and appreciation of the game.
- Treat your opponents with respect and integrity. All participants work very hard to prepare for competition, and it is paramount that you as an athlete show the proper respect that is earned through hard work and determination.
- Wish opponents good luck before the game and congratulate them in a courteous manner following the contest, no matter the outcome.
- Respect the integrity and judgment of game officials. The officials are doing their best to help promote you and your sport. Treating them with respect, even if you disagree with their judgment, will help to make a positive impression of you and your team in the eyes of the officials and everyone at the event.

ment, will help to make a positive impression of you and your team in the eyes of the officials and everyone at the event.

Behavior Expectations of Cheerleaders

- Understand your responsibility as a cheerleader and take pride in representing your school and community.
- Establish acceptable standards for the squad and follow those standards at every event.
- Transfer your standards to those attending the event in an attempt to show proper crowd participation and sportsmanship.
- Treat opposing cheerleaders as guests when they come to your school.
- Always respect the judgment and integrity of the game officials. By giving respect to officials, you are showing spectators that you accept the officials decisions and are illustrating the proper way to conduct yourself in an athletic setting.
- Applaud all participants during introductions and after the game, regardless of team affiliation.
- Select only positive cheers that will praise your



- team without degrading the opponent.
- Choose appropriate times to cheer. Give the other squad the same amount of time to cheer as you would expect.
- Show opposing athletes the same respect you would show your own team.
- Encourage a positive crowd alternative when booing or an inappropriate chant begins.
- Give encouragement to injured players and recognition to outstanding performances, regardless of team affiliation.



BEHAVIOR EXPECTATIONS FOR SPECTATORS

Behavior Expectations of Student Groups

- Always provide positive support for your team. Never ridicule or degrade the opposing team or players.
- Conduct yourself in an exemplary manner. Remember that you represent your school both at home and away.
- Assist cheerleaders with yells, chants, etc. Always be a working part of pep assemblies with preparation, organization and involvement.
- Treat opposing players, coaches, spectators and support groups with respect and enthusiasm. Applaud good performances on both teams. Doing this will show that you understand and can recognize good performance, regardless of team affiliation.
- Always display proper sportsmanship toward officials and value their contributions to the game. Respect the judgments made during a contest. All calls are impartial and should be

accepted by all parties.

- Use only positive cheers, signs and chants during a contest. This will show that you understand proper sportsmanship while giving your organization and school a good reputation.

Behavior Expectations of Spectators

- Always support your team and the efforts of all participants involved.
- Do not intimidate or ridicule a player, coach, or official before, during or after a contest.
- Always praise athletes for their actions during a game; never degrade a participant for their efforts. Athletics are a learning experience for students, and mistakes will be made.
- A ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious.
- Learn the rules of the game so that you may understand and appreciate why certain situations

take place.

- Always respect the integrity and judgment of officials. They are present to regulate the flow and enforce the rules of the game. An official should never be degraded or ridiculed for a call they make.
- Show respect for the opposing players, coaches, spectators and support groups. Treat them as guests to your school.
- Use only cheers that support and uplift the teams involved.
- Recognize and show appreciation for an outstanding play by either team.
- Refrain from the use of any controlled substance (alcohol, drugs, etc.) before, during and after the game, on or near the site of the event (i.e. tailgating).
- Be a positive role model at events through your own actions and by censuring those around you whose behavior is unbecoming.

BEHAVIOR EXPECTATIONS FOR OFFICIALS, SCHOOL, AND MEDIA

BEHAVIOR EXPECTATIONS OF OFFICIALS

- Know the rules of the game thoroughly and abide by the established Code of Ethics.
- Accept your role in an unassuming manner and take pride in your work.
- Maintain confidence and poise, controlling the contest from start to finish.
- Work with the host school to stay on schedule as best you can to allow the contests to run smoothly and reduce the amount of time between contests.
- Publicly shake hands with coaches of both teams before the contest.
- Never exhibit emotions or argue with participants or coaches when enforcing rules.
- Never let your judgment be swayed by the negative actions of participants, coaches or spectators.
- When watching a game as a spectator, give the officials, participants and coaches the same respect you would wish to receive when working a contest.

BEHAVIOR EXPECTATIONS OF SCHOOL ADMINISTRATORS

- Develop and implement a program for teaching and promoting the ideals and fundamentals of good sportsmanship within the school district and community.

- Have proper sportsmanship rules and penalties in place before the athletic season begins and enforce them throughout the year.
- Support participants, coaches and fans that teach and display good sportsmanship.
- Attend events whenever possible and function as a model of good sportsmanship.
- Communicate with spectators what is acceptable and unacceptable behavior during an event.
- Respect the integrity and judgment of game officials. Recognize their presence is instrumental to the game and that they do their best to professionally administer the rules of the game.
- Recognize exemplary behavior and actively discourage undesirable conduct by participants, coaches and fans.

BEHAVIOR EXPECTATIONS OF LOCAL SCHOOL BOARD

- Recognize the value of school activities as a vital part of education.
- Adopt policies that promote the ideals of good sportsmanship, ethics and integrity.
- Serve as a positive role model at all times.
- Expect parents, fans, participants, coaches and other school personnel to act in an appropriate manner showing proper sportsmanship at all times.
- Support and reward participants, coaches,

school administrators and fans that display good sportsmanship.

- Attend and enjoy school activities.

BEHAVIOR EXPECTATIONS OF THE MEDIA

- Promote ideals and fundamentals of good sportsmanship.
- Recognize and appreciate the efforts of all those who participate in the contest.
- Refrain from making negative comments toward participants, coaches or officials during a contest or in your story.
- Report acts of sportsmanlike behavior without giving undue publicity to unsportsmanlike conduct.
- Report facts without demonstrating partiality to either team.
- While at a contest, refrain from making any derogatory comments about participants, officials or coaches.
- Always report positively about participants in your articles.



A PERSON SHOULD HAVE THE PROPER ATTITUDE WHEN PARTICIPATING IN SCHOOL-SPONSORED ATHLETICS. WHETHER YOU ARE A PLAYER, COACH, FAN, OFFICIAL OR ADMINISTRATOR, HAVING A POSITIVE ATTITUDE WILL REFLECT FAVORABLY ON YOUR PROGRAM AND HELP OTHERS AROUND YOU DISPLAY POSITIVE BEHAVIOR. THE ATTITUDE SECTION OF THIS MANUAL WILL COVER PROPER CROWD CONTROL PRACTICES AS WELL AS PUBLIC ADDRESS ANNOUNCEMENTS THAT WILL HELP TO PROMOTE GOOD ATTITUDE AND SPORTSMANSHIP AT ATHLETIC EVENTS.

PUBLIC ADDRESS ANNOUNCEMENTS

PRE-GAME ANNOUNCEMENTS

- We are pleased to welcome you today to [SCHOOL NAME]. Good sportsmanship is one of the primary purposes of educational athletics. Our student-athletes recognize that judgment calls- by officials, coaches and themselves- are made in good faith and should be respected. Spectators can support both of these teams by refraining from derogatory or demeaning comments and cheers today. We hope that you will enjoy the game and support the students in a positive and sportsmanlike manner.
- When [SCHOOL NAME] sponsors an athletic event, it considers that happening to be an extension of the classroom, with the lessons learned as important as those coming out of a textbook. One very important lesson for our students is the one of sportsmanship. Please help the [MASCOT NAME] in promoting good sportsmanship by refraining from derogatory remarks and gestures to players, coaches, officials or other spectators. School athletics is a vital part of student development, and together we can all help our students

prepare for the future.

- Sportsmanship is a vital part of athletics. The University Interscholastic League and its member schools are dedicated to promoting sportsmanship around the state. During the contest, if you see someone using poor behavior please notify facility personnel. [SCHOOL NAME] believes sportsmanship is of utmost importance and wants you to enjoy the contest in a fun and healthy environment. Thank you for your cooperation.
- [SCHOOL NAME] is proud to be a member of the University Interscholastic League and believes that proper sportsmanship should be displayed at all times. Please assist the [MASCOT NAME] in showing good sportsmanship during the contest by refraining from derogatory remarks or gestures towards participants, coaches, officials or other fans. Thank you for your help and enjoy the fine efforts showcased tonight by these student-athletes.
- The student-athletes involved in tonight's contest understand the importance of sports-

manship and know that it should be practiced at all times. Please help our students by showing respect to all participants and spectators at tonight's contest and cheering only in a positive manner.

IN-GAME ANNOUNCEMENTS

- Fans, while enjoying the action tonight, please remember to show good sportsmanship by refraining from derogatory yells or gestures. With your help, [SCHOOL NAME] can ensure everyone has a positive experience.
- Interscholastic athletics teach many important lessons that extend beyond the sidelines. One such lesson is sportsmanship. Please help teach our students this important life lesson during and after the contest by cheering and showing support for good plays on both teams.
- [SCHOOL NAME] would like to thank you for attending tonight's contest. Please remember to show good sportsmanship by cheering and showing positive support for your team as well as displaying encouragement for all participants involved.
- Hard work, dedication and perseverance are instrumental in reaching success on the athletic field. Please help in supporting the efforts of all the athletes participating tonight and remember that sportsmanship is something that should be practiced at all times.

POST-GAME ANNOUNCEMENTS

- [SCHOOL NAME] would like to thank you for attending tonight's contest and wish you a safe trip home. Remember that sportsmanship is always important and should be practiced before, during and after the game. Our students are very important, and with your help we all can teach them the lesson of proper sportsmanship.
- As you leave the facility (gym, field), please remember that all participants involved in tonight's contest gave their very best effort. Please help show your support of these fine student-athletes by acting in a sportsmanlike manner.



"I've learned something constructive from every defeat,"

-Tom Landry, Former Dallas Cowboys Head Coach

STUDENT-ATHLETES AND COACHES HAVE THE RESPONSIBILITY OF SHOWCASING GOOD SPORTSMANSHIP AND SHOULD ACT AS EXAMPLES FOR OTHERS TO FOLLOW. BEING RESPONSIBLE APPLIES TO EVERY AREA OF A PERSON'S LIFE, WHETHER IT IS IN THE PLAYING ARENA OR IN EVERYDAY LIFE. THIS SECTION OF THE MANUAL WILL COVER THE CODE OF CONDUCT FOR STUDENT-ATHLETES AND COACHES, AND WILL EXPLAIN THE DANGERS AND EFFECTS OF USING STEROIDS AND PERFORMANCE-ENHANCING DRUGS.



CROWD CONTROL PLANNING

An important part of ensuring that proper sportsmanship is displayed at athletic contests is to have a policy in place for dealing with crowd control. The following general suggestions will help administrators and managers prepare for situations that may arise.

- Establish written behavioral standards and expectations. Coaches, players, students, cheerleaders, spectators and school personnel should understand these standards and expectations. They should be communicated in a variety of ways, expected to be followed and consequences in place when they are not.
- Establish and communicate policies and emergency procedures. Have policies and emergency procedures in place regarding; a) fire; b) drinking and possession of alcoholic beverages; c) possession, use or sale of drugs; d) medical emergencies; e) lost and found articles; f) bomb threats; g) alternatives in case of score clock, light or other facility failures; h) transportation problems. Written emergency procedures should be clearly understood by the public address announcer as well as posted at competition facilities so that all parties can see and understand them.

- Identify supervisors and ushers. They should be expected to be active and visible to spectators to discourage and quickly identify problems.
- Establish job descriptions and expectations of event personnel. Inform event staff about their duties, rules, regulations and emergency procedures. Encourage them to avoid becoming too involved in watching the event and to be observant, active and consistent in applying rules and procedures.
- Be consistent in applying policies and rules. Be supportive of your supervisory personnel at contests. Make sure they know you respect and appreciate their role in supplying the students involved with educational and character building lessons.
- Seat student groups and spectators in appropriate places. Avoid seating bands or spectators near the visiting team bench and the visiting team seating area.
- Act on policies and procedures. When someone is behaving in an undesirable way which violate the rules of good sportsmanship, do something about it. Actions speak louder than words. Inaction allows the establishment of undesirable examples and habits that can lead to more seri-

ous problems, and result in negative learning.

- Do not allow illegal substances inside the contest facility. Have admissions, ticket sales and parking lot personnel observe and screen people for possession of alcoholic beverages, intoxication and abnormal or suspicious behavior. Alert crowd control supervisors to observe behavior and whereabouts of potential problem people.
- Supervise restrooms. Have personnel in place to identify and discourage any negative behavior that may occur at or around the restroom facilities.
- Assist and accommodate all persons with special needs. Make every reasonable attempt to ensure any person with special needs is able to enjoy the athletic contest. This includes providing viewing areas for special needs individuals as well as informing them of exits and pertinent facility information.
- Have facility diagrams visible to the public showing accessible areas and emergency exits. Every spectator at the event needs to be aware of the proper exits and points of access available to them. This will help with crowd control and prepare all parties in case of emergency.



UIL CODE OF CONDUCT FOR STUDENTS

TRUSTWORTHINESS

- Trustworthiness - Be worthy of trust in all I do.
- Integrity - Live up to high ideals of ethics and sportsmanship and always pursue victory with honor. Do what is right even when it is unpopular or personally costly.
- Honesty - Live and compete honorably. Never lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.
- Reliability - Fulfill commitments. Do what I say I will do. Be on time to practices and games.
- Loyalty - Be loyal to my school and team. Put the team above personal glory.

RESPECT

- Respect - Treat all people with respect at all times, and require the same of other student-athletes.
- Class - Live and play with class. Be a good sport. Be gracious in victory and accept defeat with dignity. Give fallen opponents help, compliment extraordinary performance and show sincere respect in pre- and post-game rituals.
- Disrespectful Conduct - Do not engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks, trash-talking, taunting, boastful celebrations or other actions that demean individuals or the sport.
- Respect Officials - Treat contest officials with

respect. Do not complain about or argue with official calls or decisions made during an athletic event.

RESPONSIBILITY

- Importance of Education - Be a student first, and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.
- Role Modeling - Consistently exhibit good character and conduct myself as a positive role model. Remember, participation in sports is a privilege, not a right and that I am expected to represent my school, coach and teammates with honor both on and off the field. Suspension or termination of the participation privilege is within the sole discretion of the school administration.
- Self-Control - Exercise self control. Do not fight or show excessive displays of anger or frustration. Have the strength to overcome the temptation to retaliate.
- Healthy Lifestyle - Safeguard my health. Do not use any illegal or unhealthy substances including

alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.

- Integrity of the Game - Protect the integrity of the game. Play the game according to the rules.

FAIRNESS

- Be Fair - Live up to the highest standards of fair play. Be open-minded, and always be willing to listen and learn.

CARING

- Concern for Others - Demonstrate concern for others. Never intentionally injure any player or engage in reckless behavior that might cause injury to others or myself.
- Teammates - Help promote the well being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

CITIZENSHIP

- Play by the Rules - Maintain a thorough knowledge of and abide by all applicable game and competition rules.
- Spirit of Rules - Honor the spirit and the letter of the rules. Avoid temptations to gain competitive advantage through improper techniques that violate the highest traditions of sportsmanship.

I have read and understand the requirement of this Code of Conduct. I understand that I am expected to perform according to this code, and that there may be sanctions or penalties if I do not.

Student-Athlete Signature

Date



UIL CODE OF CONDUCT FOR COACHES

We at the University Interscholastic League believe that high school athletic competition should be fun, but that it must also be a significant part of a sound educational program. We believe that those who coach student-athletes are, first and foremost, teachers who have a duty to assure that the essential elements of character-building are embodied in the concept of sportsmanship and six core ethical values: trustworthiness, respect, responsibility, fairness, caring and good citizenship. Finally, we believe that the sincere and good faith efforts to honor the words and spirit of this Code will improve the quality of our programs and the well being of our student-athletes. This Code of Conduct applies to coaches involved in University Interscholastic League sports.

I understand that in my position as a coach, I must act in accord with the following code:

TRUSTWORTHINESS

- **Trustworthiness** - Be worthy of trust in all I do and teach student-athletes the importance of integrity, honesty, reliability and loyalty.
- **Integrity** - Model high ideals of ethics and sportsmanship and always pursue victory with honor. Teach, advocate and model the importance of honor and good character by doing the right thing even when it is unpopular or personally costly.
- **Honesty** - Do not lie, cheat, steal, engage in or permit dishonest or unsportsmanlike conduct.
- **Reliability** - Fulfill commitments, be on time. Do what you say you will do.
- **Loyalty** - Be loyal to my school and team. Put the team above personal glory.
- **Primacy of Educational Goals** - Be faithful to the educational and character-development missions of the school and assure that these objectives are not compromised to achieve sports performance goals. Always place the academic, emotional, physical and moral well being of athletes above desires and pressures to win.
- **Counseling** - Be candid with student-athletes and their parents about the likelihood of getting an athletic scholarship or playing at a professional level. Counsel them about the requirement of many colleges preventing recruitment of student-athletes that do not have a serious commitment to their education, the ability to succeed academically, or the

character to represent their institution honorably.

- **College Recruiters** - Be honest and candid with college recruiters about the character, academic abilities and interests of student-athletes.

RESPECT

- **Respect** - Treat all people with respect at all times, and require the same of student-athletes.
- **Class** - Be a good sport. Teach and model class, and be gracious in victory and accept defeat with dignity. Encourage student-athletes to give fallen opponents a hand, compliment extraordinary performance and show sincere respect in pre- and post-game rituals.
- **Taunting** - Do not engage in or allow trash talking, taunting, boastful celebrations or other actions that demean individuals or the sport.
- **Respect Officials** - Treat contest officials with respect. Do not complain about or argue with official's calls or decisions during or after an athletic event.
- **Respect Parents** - Treat the parents of student-athletes with respect. Be clear about expectations, goals and policies and maintain open lines of communication.
- **Profanity** - Do not engage in or permit profanity or obscene gestures during practices, sporting events, on team buses or any other situation where the behavior could reflect badly on the school or the sports program.
- **Positive Coaching** - Use positive coaching methods to make the athletic experience enjoyable, increase self-esteem and foster a love and appreciation for the sport. Refrain from physical or psychological intimidation, verbal abuse and conduct that is demeaning to student-athletes or others.
- **Effort and Teamwork** - Encourage student-athletes to pursue victory with honor, to think and play as a team, to do their best, and continually improve through personal effort and discipline. Discourage selfishness and put less emphasis on the final outcome of the contest, than upon effort, improvement, teamwork and winning with character.
- **Professional Relationships** - Maintain appropriate professional relationships with student-athletes and respect proper student-teacher boundaries. Sexual or romantic contact with students is strictly forbidden, as is verbal or physical conduct of a sexual nature directed to or in view of student-athletes.

RESPONSIBILITY

- **Life Skills** - Always strive to enhance the physical, mental, social and moral development of student-athletes and teach them positive life skills that will help them become well-rounded, successful and socially responsible adults.
- **Advocate Education** - Advocate the importance of education beyond basic athletic eligibility standards. Work with faculty and parents to help student-athletes set and achieve the highest academic goals possible for them.
- **Advocate Honor** - Prominently discuss the importance of character, ethics and sportsmanship in materials about the athletic program, and vigorously advocate the concept of pursuing victory with honor in all communications.
- **Good Character** - Foster the development of good character by teaching, advocating and modeling high standards of ethics and sportsmanship.
- **Personal Conduct** - Refrain from profanity, disrespectful conduct and the use of alcohol or tobacco in front of student-athletes or other situations where my conduct could undermine my positive impact as role model.
- **Role-Modeling** - Be a worthy role-model, always be mindful of the high visibility and great influence I have as a teacher-coach, and consistently conduct myself in private and coaching situations in a manner that exemplifies all that I want my student-athletes to be.
- **Competence** - Strive to improve coaching competence and acquire increasing proficiency in coaching principles and current strategies, character-building techniques and first aid safety.
- **Knowledge of Rules** - Maintain a thorough knowledge of current game and competition rules and assure that my student-athletes know and understand the rules.
- **Positive Environment** - Strive to provide challenging, safe, enjoyable and successful experiences for the athletes by maintaining a sports environment that is physically and emotionally safe.
- **Safety and Health** - Be informed about the basic first aid principles and the physical capacities and limitations of the age group coached.
- **Unhealthy Substances** - Educate student-athletes about the dangers and prohibit the use of unhealthy and illegal substances including alcohol,



UIL CODE OF CONDUCT FOR COACHES (CONTINUED)

tobacco and recreational or performance enhancing drugs.

- Eating Disorders - Counsel students about the dangers of and be vigilant for signs of eating disorders or unhealthy techniques to gain, lose or maintain weight.
- Physician's Advice - Seek and follow the advice of a physician when determining whether an injured student-athlete is ready to play.
- Privilege to Compete - Assure that student-athletes understand that participation in interscholastic sports programs is a privilege, not a right, and that they are expected to represent their school, team and teammates with honor, on and off the field. Require student-athletes to consistently exhibit good character and conduct themselves as positive role models.
- Role-Modeling - Control my ego and emotions. Avoid displays of anger and frustration. Do not retaliate.
- Integrity of the Game - Protect the integrity of the game, do not gamble. Play the game according to the rules.

- Enforcing Rule - Enforce this Code of Conduct consistently in all sports-related activities and venues.
- Protect Athletes - Put the well being of student-athletes above other considerations and take appropriate steps to protect them from inappropriate conduct.
- Access - Help make my sport accessible to all diverse communities.
- Improper Commercialism - Be sensitive to and avoid unwholesome commercialism including inappropriate exploitation of my name or the name of the school. Make sure school and district officials approve any affiliation or association with a corporate entity.

FAIRNESS

- Fair and Open - Be fair in competitive situations, selecting a team, disciplinary issues and all other matters. Be open-minded and willing to listen and learn.

CARING

- Safe Competition - Put safety and health considerations above the desire to win. Never permit student-athletes to intentionally injure any player or engage in reckless behavior that might cause injury to themselves or others.
- Caring Environment - Consistently demonstrate concern for student-athletes as individuals and encourage them to look out for one another and think and act as a team.

CITIZENSHIP

- Honor the Spirit of the Rules - Observe and require student-athletes to observe the spirit and letter of all rules, including the rules of the game and those relating to eligibility, recruitment, transfers, practices and other provisions regulating interscholastic competition.
- Improper Gamesmanship - Promote sportsmanship over gamesmanship. DO NOT CHEAT. Resist the temptation to gain competitive advantage through strategies or techniques that violate the rules, disrespect the highest traditions of the sport or change the nature of competition.

I have read and understand the requirement of this Code of Conduct. I understand that I am expected to perform according to this code, and that there may be sanctions or penalties if I do not.

Coach Signature

Date

STEROIDS

One important aspect of sportsmanship is respecting the game and not attempting to gain an unfair advantage through the use of performance enhancing substances. Additionally, using steroids is cheating and there is no honor in competing with their aid. Anabolic steroids unless prescribed by a physician are illegal and the side effects of taking such substances are not worth the risk.

If you know of someone who is taking or has taken steroids in the past, you need to notify a coach or school official immediately. You are not only protecting the sanctity of the sport but also looking out for your teammate's health and safety.

Side Effects of Steroids for Males and Females:

- High blood pressure
- Heart disease
- Liver damage
- Stroke
- Urinary and bowel problems
- Ligament and tendon injuries
- Severe acne
- Baldness
- Stunted growth

Side Effects of Steroids for Males:

- Reduced sperm count
- Impotence
- Enlarged prostate
- Enlarged breasts

Side Effects of Steroids for Females:

- Increased facial and body hair
- Deepened Voice
- Menstruation problems
- Masculine features

"ROID RAGE"

The term "Roid Rage" is very well known and refers to the severe emotional effects that steroids can have on a person. People experiencing "Roid Rage" can show aggressive behavior, display violence and have severe mood swings. Hallucinations are also a side effect of steroid abuse along with paranoia and depression.



"The most important decision I ever made in my career was to live my life in sports as honestly and ethically as possible. Never having compromised my values allows me to look back on my life with no regrets and feel satisfaction in what I was able to accomplish."

-Greg LeMond, 3-time Tour de France Winner



ETHICAL STANDARDS MEANS NOT CHEATING OR LYING FOR THE BENEFIT OF YOURSELF OR YOUR TEAM. IN THIS SECTION, THE MANUAL WILL COVER THE PRACTICE OF HAZING, GAMBLING, AND SOCIAL MEDIA.

HAZING

Good sportsmanship is not only limited to the playing field. It is also showing compassion and respect toward your own teammates and other students. Hazing is a very serious matter in high schools across the nation. Due to the developmental stages of adolescence, many students feel a strong need to belong to a certain group or organization. As a result, many students find themselves in a vulnerable position and will satisfy the demands of someone else in order to feel as though they belong.

Hazing should not occur in Texas high schools and the University Interscholastic League takes a very strong stance in the prevention of such actions. Hazing has been defined as "any activity expected of someone joining a group (or to maintain full status in a group) that humiliates, degrades or risks emotional and/or physical harm, regardless of the person's willingness to participate."

Forms of Hazing

- Physical Abuse
- Verbal Abuse
- Threats or Implied Threats
- Personal Servitude
- Insulting New Members of a Group
- Name Calling
- Being forced to wear embarrassing or humiliating attire in public

An important part of showing good sportsmanship is not allowing hazing to occur in your program. Players, coaches, administrators and others can help to make sure that hazing does not occur within your program. If you see any act that you believe is a form of hazing, it is your responsibility to tell someone and help to stop the act. Allowing hazing to occur is the same as conducting the act itself. If everyone works together in an effort to stop hazing in your program, you can build closer teams and foster individual relationships, which are healthy to the educational process.

The following are some ways to help identify hazing and put a stop to it:

- Drawing attention to hazing and helping others interpret hazing as a problem.
- Help build awareness about hazing by talking with your friends, family and others.
- Become a role model by talking with youth about hazing and its potential problems.
- Provide assurance for those individuals who do report hazing.
- Establish consequences for participating in or allowing hazing.
- Develop incentives for the implementation of non-hazing group initiatives and activities.

GAMBLING

Interscholastic athletics are an important part of education. They teach students about responsibility, building character, instilling strong ethics, creating positive experiences and showing how to handle adverse situations. In order to keep interscholastic athletics a positive educational experience, it is vital that such practices as gambling not be allowed to infiltrate the boundaries of the sports arena. When gambling is allowed in high school athletics, the purity and educational basis is removed from the sport.

Professional, as well as intercollegiate sports, have experienced a high level of gambling. It is the responsibility of all involved parties to make sure that gambling does not filter down into UIL athletics. For anyone associated with interscholastic athletics to gamble or bet on outcomes and predictions at the high school level would be highly unethical and go against the meaning of educational competition.

With the influx of sports gambling web sites, it



is easier than ever to place a wager on athletic events and contests. Professional and intercollegiate sports are taking steps to control gambling,

and with the help of school personnel, we can help to keep gambling out of UIL athletics.