



Just In Time Ninjas

Code of Conduct

This document presents the expectations for conduct from athletes, and parents at Just In Time Ninjas. We hold athletes, parents, and community members to a high standard of sportsmanship/ Enforcing the Code of Conduct allows Just In Time Ninjas to promote a safe, rewarding, and fun sports experience for our entire community.

Please read the document carefully before registering for the competition season. Each participant is required to acknowledge the Code of Conduct before the season begins and must abide by the Code of Conduct throughout the entire season.

Violations of the code of conduct may result in disciplinary action including suspension either temporarily or permanently as decided by the Coaching Staff with the final ruling made by Coach Lindsey.

Code of Conduct for Players

- I will be a good sport to athletes, coaches, officials, opponents, and parents at every competition, practice, and event, no matter the reason.
- I will learn the value of commitment by participating in all practices, competitions and team events.
- I will encourage my teammates and praise them for their good efforts.
- I will be honest, fair and respectful to others at all times.
- I will arrive to practice on time and be ready to dedicate my attention to my coaches.
- I will not use profanity.
- I will not tell my coaches “No” when asked to do something during practices.
- I will not act out in anger and storm off.

- I will not throw a tantrum at the gym, during practice, at a competition or team event.
- I will not hit/kick any piece or part of the gym and any of the equipment.
- I will not stop during the middle of my course runs because I made a mistake.
- I will not give up and give 100% effort during practices, open gyms and competitions.
- I will be humble in my achievements.
- I will not argue with my teammates at any point.
- I will let the Coach be the Coach
- I will aim to learn all I can from sports.

Code of Conduct for Parents

- I will treat everyone with respect (coaches, officials, other parents, other athletes).
- I will refrain from any unsportsmanlike conduct such as booing, taunting or using profane language.
- I will not coach my or any other athletes from the sidelines and I trust the coach's decisions regarding strategies and training.
- I will create a positive environment free from drugs, alcohol, tobacco, and inappropriate language while at Just In Time Ninjas, any Just In Time Ninjas sanctioned events and at any league sanctioned competitions.
- I will avoid negativity by refraining from criticizing or belittling anyone involved in the sport, including players, coaches and officials.
- I will behave appropriately at all events by respecting the rules of the event, not disrupting any course runs with excessive noise, and will show concern for injured athletes.
- I agree with the 24-hour rule which states that parents will not approach coaches with issues until 24 hours after the event has occurred, which allows emotions to settle and promotes a more constructive discussion.

- I will not speak negatively about any athlete, coach or parent behind their back.
- I will be fully committed to the team and sport and will have my athlete(s) attend every scheduled team meeting, event, practice and competition.
- I do understand that if I do not live up to the Parent Code of Conduct, I will be subject to disciplinary action that could include but is not limited to the following: verbal warning by Coach, ejection from the gym or event, athlete competition suspension or season suspension with no refund of fees.

Athlete Signature: _____

Parent/Guardian Signature: _____

Date: _____