**Owasso Rams HS Lacrosse Club | Code of Conduct**

The purpose of the Owasso RAMS HS Lacrosse Club is to promote the physical, mental, social, emotional and well-being of the player(s) through participation and competition. Through voluntary participation, the player(s) gives time, energy, talent, and loyalty to the program. Participation in the program is considered a privilege, therefore, the player(s) accepts the rules, regulations, and responsibilities unique to our program.

The rules and regulations contained in this code shall apply to any violation occurring from the first day of practice to the last day of the season. The lacrosse season shall be that portion of the calendar year during which regularly scheduled practices (including throw arounds and captains’ practices), meetings, games, events or other activities under the direct supervision of the Owasso RAMS HS Lacrosse Club and its coaches, volunteers and board members. Players visiting other schools and participation sites including out of town games and tournaments, are direct representatives of the ORLC program, their community and team, and shall conduct themselves according to this Code of Conduct.

The following Code of Conduct will be enforced for all players throughout the season.

1. Players are expected to demonstrate positive behavior and respect toward teammates, opponents, coaches, officials, parents, and spectators. Players shall refrain from any display of unsportsmanlike conduct toward an opponent or official; the use of profanity, racial slurs, obscene or vulgar language or gesture during a practice, game, or tournament.
2. Players shall abstain from using illegal drugs, performance enhancing drugs, prescription drugs not prescribed to the player, and all alcohol and tobacco products (including vaping products).
3. Players will respect the property and physical being of others. This includes respecting the rights and beliefs of others and treating each other with courtesy and consideration.
4. Any club owned equipment checked out by a player is their responsibility. The loss or misuse of this equipment will be the financial responsibility of the player. Check out/Check in procedure will be managed by the designated team Equipment Manager.
5. Players shall abide by the attendance policy as described below.
6. Players shall abide by the social media policy described below.

**Attendance Policy:**Regular attendance at all practices and games is required to promote sportsmanship, physical fitness, team unity and skills development. The following attendance policy shall be in effect for all players:

* Late to practice **with** or **without** prior notification will result in disciplinary action at coaches’ discretion, but may include: running additional laps, doing extra Maryland drills, make-up practices on Sunday, showing up 30 mins early to help setup or work on stick skills or staying 30 mins late to help with tear down and clean up. This is not an exhaustive or definitive list but a representation of examples that may be considered. Late is designated as not suited up (required lacrosse & safety equipment) and ready for practice by the set practice start time as noted on Instateam.
* Missing practice **with** prior notification and reason **continuously**, may result in loss of game time or suspension at coaches’ discretion as listed above.
* Missing practice or a game **without** prior notification will result in loss of game time or suspension at coaches’ discretion as listed above.
* **Missing consecutive practices and games without notification will result in the removal of the player from the team roster. Appeals will be heard by the ORLC Board. No refunds will be given.**
* **Any players missing a practice, game or tournament will be required to note their attendance in Instateam AND communicate with the Coach. FAILURE TO DO SO WILL RESULT IN DISCIPLINARY ACTION.**

**Social Media Policy:***Social media can be a useful tool to communicate with teammates, fans, friends, coaches and more. Social media can also be dangerous if you are not careful.*

Players should be aware that even online they represent their sport(s), school, team, family, and community at all times, and should do so in a positive manner. Any player found in violation of the Social Media policy will result in counseling by the Head Coach and possible disciplinary action up to an including suspension or expulsion from the program. The following Social Media Policy shall be in effect for all players:

1. Players shall take responsibility for their online profile including any Alias profiles, or any posts and/or photos, videos or other recordings posted by others in which they appear bearing this code of conduct and their behavior in mind as a representative of this team.
2. Players will not engage in any online behavior that degrades their opponents before, during, or after games. They will post only positive things about their teammates, club members, coaches, opponents, and officials. They will use social media to purposefully promote abilities, team, community, and social values.
3. Players should consider “Is this the me I want others to see?” before they post anything online.
4. Players shall ignore any negative comments about by others and not retaliate. If they see a teammate post something potentially negative online, they should bring it to the attention of the coaches.

**Disciplinary/Grievance Procedure:**

Players agree to consequences as prescribed by the ORLC and/or the Coach in the event of a violation of any of the above up to an including disciplinary actions, suspension and/or expulsion.

Before any disciplinary action resulting in suspension or expulsion shall take effect, the player shall be verbally advised by the Head Coach and Rams/Lady Rams Director as to the alleged violation of the rules and the player will have the right to explain or justify their actions. If, after such informal conference with the player, the head coach and/or director is satisfied that a suspension or expulsion is justified, the player shall be notified and the suspension and/or expulsion shall then become immediately effective.

The grievance procedure for any suspension and/or expulsion is as follows:

1. Upon the imposition of corrective action for violation of this code of conduct, and other rules set forth by the club and league, any aggrieved player and the parents of that player shall have the right to an appeal before the ORLC Board of Directors. If the player and/or parents do not make a written request for appeal within three (3) business days of the action being aggrieved, they will have waived their right to appeal. The appeal hearing with the Board shall be held within five (5) business days of the receipt of the appeal request.  
     
   The player will have the right to be accompanied by their parents/guardian. The Board shall make a decision within ten (10) business days. The decision shall be final.
2. Any corrective action may be reversed, upheld, or modified by the Board of Directors.

**NOTE: Game suspensions shall be served on the sideline of the suspended game, a no show will result in additional game suspensions. League suspensions (OLA or HLL) MUST be served off site, you will not be allowed to attend a suspended game even as a spectator.**

**Communications:**

Owasso Rams HS Lacrosse Club members (players, parents, coaches) and those representing the ORLC shall communicate with clarity, honesty, timeliness, and openness. Communication should be respectful and include all pertinent information shared transparently with appropriate members and never on or about the field of play or in view of spectators and participants. We strongly encourage parents/players to take a 24-hour cooling off period to assess the situation as often things can be taken out of context in the heat of the moment. If you or your player has a concern to be addressed, request time with your Head Coach. If the player/parent and coach are unable to reach a satisfactory resolution, the issue can be escalated to the ORLC Director and then further escalated to the league as necessary. The following represents the recommended flow of communication:

Player/Parent -> Head Coach -> Rams/Lady Rams Director -> League (OLA/HLL)

Grievances or misunderstandings between coaches of visiting teams, officials or any other parties involved with the sport should be communicated to the Head Coach and/or Rams/Lady Rams Director, who shall determine the appropriate course of action.

Owasso Rams HS Lacrosse Club Board of Directors 2023-2024

Gina Johnson – President  
Mary Clarke – Vice President  
Mary Susan Cobb – Treasurer  
Donnie Young – Secretary  
Neal Kessler – Member at Large  
Jason Green – Rams Team Director  
Annie Green – Lady Rams Team Director  
Dalton Bunch – Rams Head Coach  
Tiffani Hull – Lady Rams Head Coach