



## **SAN FRANCISCO CALHEAT CODE OF CONDUCT**

### **Athlete Letter of Agreement**

# **I. CODE OF CONDUCT:**

## **A. The Basic Principle of Conduct**

Conduct yourself in a manner, before, during and after any activity, meeting, training or competition that brings credit and honor to yourself, your teammates, San Francisco CalHeat Team Handball Club (SFCTHC), USA Team Handball (USATH), and the International Handball Federation (IHF).

## **B. Specific Principles of Conduct**

1. Your behavior must always be up to the highest standards of good sportsmanship.
2. You will not engage in any form of harassment such as sexual, verbal, physical (bullying, hazing), psychological, etc.
3. Athletes shall attend all scheduled practices and competitions to the best of their availabilities. The Coach must be made aware of any absence . If the Coach is unavailable, then acknowledgement may be sought from the Assistant Coach or Team Leader.
4. Athletes are strongly encouraged to pursue all physical-conditioning activities as specified unless medically excused.
5. Athletes and staff will be encouraged, at times, to participate in clinics, exhibitions or demonstrations.
6. Athletes and staff must help in moving or preparing the equipment (goals, weights, bleachers etc.), lining the court (tape, measurement, etc.) in preparation for travel, training or competition. The Coach or the Staff might give assignments, volunteering to help would be greatly appreciated!...
7. Athletes and Staff must follow the rules established by various venues and organizations (gyms, Olympic Training Centers, training facilities, medical, etc.) when using/dealing with their facilities.
8. The Coach has the option to name the Team Captain or defer the nomination to the athletes. Any decision regarding the roster is at the sole discretion of the coach.
9. The Captain is the official liaison between the athletes and the Staff, including the Coach, Team Leader, the Manager, and the only athlete permitted to speak to the referees during the match.

## II. TEAM RULES:

### A. Conditioning & Training

1. **Punctuality is a must.** Every team member must be ready to train according to the planned schedule. In the case of being late, it is up to the Coach to determine if the athlete should be allowed to train or not.
2. All conditioning, training and competition shall be directly or indirectly under the supervision of the Coach, who may delegate supervision authority to another member of the Staff or the Team Captain.
3. Athletes will not be allowed to participate, in any activities, if found behaving under the influence of any legal/illegal substances. Repeated behaviors might lead to the exclusion of the team/club.
4. Every effort must be made to complete any taping or therapy prior to the beginning of training.
5. Any overt displays of displeasure or frustration will not be tolerated. If an outbreak occurs, the athlete will be asked to sit down or be dismissed from training.
6. An athlete must obtain permission from the Coach, prior to the start of training, if they wish to leave prior to the end of training for personal matters.
7. Athletes must report injuries or sickness to the Coach immediately after they occur, and under all circumstances, not later than the end of training.
8. Athletes are responsible for maintaining the training uniforms and club equipment in good order. Notify the Coach, Assistant Coach and/or Manager/Staff if a problem arises.

### B. Competition Rules

1. Everyone must be present, and punctual, at the pre-match briefing, and follow the pre-match protocol.
2. You are personally responsible for bringing the correct team uniforms.
3. During the match (on the court or on the bench) **no one is allowed to talk to the Referees or the Table Officials.** Only the Team Captain is allowed to talk to the Referees under circumstances permitted by the rules and if permitted by the Coach.
4. During the match (on the court or on the bench) everyone must follow the rules of the game and any misconduct or misbehavior deviating from those rules will not be tolerated.
5. In a game situation only words of encouragement are allowed. Any disagreement or criticism among player or between players and the Coach or staff **must be worked out away from our competitors and the public** during halftime or at the end of the match.
6. Spectators and players on the other team will be treated with respect at all times. After the match, line up in the middle of the court, shake hands with the other team members and appropriately acknowledge the spectators.

7. While not playing, **and being spectators of others' games**, the same respect is due to other spectators, players, referees and officials. Yelling and swearing (in any languages) will not be tolerated and might lead to exclusion of the team/competition.
8. In the event of a player missing, or being late at, a game during a tournament - **without previously notifying the coach** - this player might be barred from playing any other games at this event *and further disciplinary actions might be taken* (That decision will pertain to, and would be made from, the Head coach).

### III. DISCIPLINARY PROCEDURES:

1. Any Team member who violates the Code of Conduct or Team rules is subject to disciplinary action. Disciplinary action may range from a reprimand, dismissal from the current Team activity, or suspension from Team. In serious cases, the Coach and/or a Disciplinary Committee could suspend or remove the Team member from the Team.
2. The Coach and/or the Disciplinary Committee will evaluate each violation and determine if and when the athlete(s) will be permitted to return to the Team activity.
3. In order to participate in competitions, the club is paying Sportsmanship and Performance bonds, if we were to lose those bonds due to the behavior of an Athlete, or a group of Athletes, or a staff member, the individual(s) will be disciplined (**and might have to payback the bond amount to SFCTHC**).

## Code of Conduct Acknowledgment

I have carefully read and understand the San Francisco CalHeat Code of Conduct, the Specific Principles of Conduct and Rules concerning training and competition.

I agree to abide by these principles and the rules and any other requirements conveyed to me by authorized SF CalHeat Officials and Coaching Staff. I understand that while the SF CalHeat hopes all members adhere to the Code of Conduct at all times, SF CalHeat mandates all members live up to the specific requirements of the Code from the moment they apply to be considered for selection to a SF CalHeat team, thru all activities and tournament competition, and all aspects of representation of the SF CalHeat, including post tournament and return activities until the team is dissolved and the athlete returns home. All members will be held accountable for their individual behavior and failure to adhere to the Code may result in their immediate dismissal from the team and/or additional discipline, understanding that an Athlete has a right to a hearing before being declared ineligible.

I will at all times attempt to adhere to the spirit of this Letter of Agreement. I will always be courteous to all and try to create positive publicity for the San Francisco CalHeat Team Handball Club and its teams.

**Athlete's Name:** \_\_\_\_\_  
Please Print Name

Athlete's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**If under 18, Parent or Guardian:** \_\_\_\_\_  
Please Print Name

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_