



Player Practice & Game Code of Conduct

As a member of our Kamloops Community Football, you represent not only yourself but your teammates, coaches, family, and the community. Our expectations as well as our standards reflect a commitment to excellence both on and off the field. By joining this program, you agree to uphold the following code:

PRACTICE CODE

1. Be Present, Be Punctual
 - Arrive 15 minutes early to all practices, fully dressed and ready to go.
 - Attendance is mandatory to ensure the child has proper football development.
2. Prepared to Train
 - Bring all required gear: cleats, helmet, pads, water, and a focused mind.
 - Mental readiness is just as important as physical presence.
 - Compete with intensity—no jogging, no walking, no excuses.
 - Train how you want to play.
 - If injured please make sure to make trainers and coaches aware. Listen to your body.
3. Coachability
 - Accept constructive feedback with respect.
 - Players must participate in all practices as long as they are properly equipped and not injured.
 - Ask questions, seek improvement.
4. Team-First Mindset
 - Encourage your teammates; never bring down the energy or morale.
 - Every player matters. Every rep matters.
5. Zero Tolerance for Disrespect
 - No talking back to coaches, officials, or teammates.
 - Disrespectful or disruptive behavior will result in immediate consequences.
 - Physical actions not related to practice. Such as fighting or punching will result in immediate consequences or suspensions

GAME DAY CODE

1. Early is On Time
 - Arrive at the field at least 60 minutes before kickoff, fully prepared.
2. Look Like a Team
 - Full uniform, clean and matching. No unauthorized gear/chains/earrings covered.
 - Hit hard, play smart, and respect the game.

3. Represent With Integrity
 - You are a reflection of the program—your body language and attitude matter.
 - Win with humility. Lose with grace.
 - Trash talk, taunting, or unsportsmanlike behavior is unacceptable.
4. Accountability Wins
 - Know your assignments. Execute with precision.
 - Own your mistakes and bounce back stronger.
 - Do not discourage any other players on mistakes made encouraging and help with bettering and believe in themselves that they can do it
5. Respect All – Fear None
 - Respect referees, opponents, and fans.
 - Our strength lies in our discipline, not just our talent.
 - Talk by a player on the other team does not entitle you to respond in the same manner.

DISCIPLINARY ACTION (Failure to follow the code may result in:)

- 1st Infraction: Reduced playing time

Discussion with player and parent if available; Face to Face meeting with player parent and Quality Control personal. Will be documented.

- 2nd Infraction: Suspension from practices or games

Suspend for game depending on severity of situation. Coach will contact Quality Control and they will contact parents to notify of suspension from practice explaining all incidents that led to suspension.

- 3rd Infraction: Dismissal from the team for repeat or serious offenses

Possible expulsion from KCFS. Head Coach will Contact Coach Coordinator and Quality Control regarding the situation. The final decision will be made by the board.

PLAYER & FAMILY AGREEMENT

By signing this, I acknowledge that I understand and accept the standards of this program. I agree to uphold this code and understand the consequences of not doing so.

Player Name: _____

Signature: _____

Date: _____

Parent/Guardian Signature: _____ (By signing, families agree to support this code and ensure their child meets these expectations.)