



# Alberta Soccer Association

"Governing Body of Soccer in the Province of Alberta"

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## Code of Conduct for Player-Athletes

The Alberta Soccer Association expects high standards of ethics and sportsmanship at all times. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Character<sub>sm</sub>"). Also to act as a young professional at all times. This Code applies to all player-athletes involved in the Alberta Soccer Association's Provincial Training and Select Team programs. I understand that, in order to participate in these programs as a member of Team Alberta, I must act in accord with the following:

### 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's right even when it's unpopular or personally costly.

Honesty — live and compete honorably; don't 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 team; put the team above personal glory.

### RESPECT

Respect — treat all people with respect all the time and require the same of others.

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, show sincere respect in pre- and post-game rituals.

Disrespectful Conduct — don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or **racial** nature, trash-

talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.

Respect Officials — treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an event.

## **RESPONSIBILITY**

Role-Modeling — Remember, participation in sports is a **privilege**, not a right and that I am expected to represent my team, coach and teammates with honor, on and off the field. Consistently exhibit good character and conduct yourself as a positive role model. **Suspension or termination of the participation privilege is within the sole discretion of the coaches and program administrators.**

Self-Control — exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.

Healthy Lifestyle — safeguard your health; don't 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; don't gamble. Play the game according to the rules.

## **FAIRNESS**

Be Fair — live up to high standards of fair play; be open-minded; 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 myself or others.

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 rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

By signing below I acknowledge that I have read and agreed to abide by the above conditions.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date