



## Sporting FC REP Team Members

### Rules & Regulations:

1. You are expected to arrive punctually for all games and practices. Strict compliance by all athletes is enforced.
2. Bad behavior will not be tolerated; you must show respect to other members and leaders of the Club at all times.
3. Players will not be allowed to practice/play on an empty stomach. Breakfast is mandatory. Players are encouraged to eat a light, healthy snack (e.g. fruit, yogurt, etc.) one hour before games/practices.
4. Each player will receive a training kit; you are responsible for maintaining your kit clean and in good condition. (You will incur additional fees should you need to replace an item in your kit.)
5. Make sure to wear the appropriate equipment provided by Club Management, or risk not being able to practice/play.
6. During our regular schedule (3 practices, 1 game per week), each player is required to attend one team practice, at a minimum. Players failing to attend practice are not eligible to play in the weekly/biweekly game. Players must give notice and provide a valid reason when not attending practice (i.e. illness, etc.).
7. In the event that multiple games are scheduled within a one week period, players must attend one team practice before each game date.
8. It is strictly forbidden for Sporting FC REP players to participate in soccer tours, ID camps, clinics, summer/March Break camps, practices, games (including "friendlies"), and/or tournaments organized by external parties/organizations/Clubs/etc. Special permission may be given by the Technical Director, dependent on individual circumstances. Contradicting this rule without previous consent from the Technical Director is considered an extreme violation of Sporting FC's Rules & Regulations and will result in disciplinary action taken by the Club.
9. Always inform the Club of any existing/new medical conditions. Your wellbeing comes first.
10. Don't forget the importance of personal hygiene.
11. School is very important. Be sure to try your best. Approach school with a positive attitude.
12. The Coaching Staff will make roster selections for each game based on the following criteria (in random order): player performance & attitude during team practices; player attendance at team practices; previous game conduct; team dynamics. Game roster selections will be developed from the FULL player roster (i.e. ALL PLAYERS are eligible to play every game).
13. Share your school report card with your Coach. (Optional)

### Facilities and Equipment:

1. You must wear shin guards at all times. No exceptions.
2. Players must only drink water at Sporting FC sanctioned events, including practices, games, tournaments, camps, etc. Juice, soft drinks and/or sports drinks are strongly discouraged.
3. You will be held responsible for any damage to game/practice facilities or equipment, caused by misuse or neglect.
4. In case of accidental damage to the facility/equipment, please notify a Sporting FC Coach or Staff Member immediately.
5. All facilities must be kept clean at all times. Do not litter – be a good citizen.
6. At the start of each season, each team will be given a predetermined number of balls for exclusive use by the team. In turn, each team is responsible for monitoring and maintaining them.
7. At the end of each practice or event, each team must collect all materials used and return them neatly to their designated place of storage.
8. Parking at Brockton Stadium is for the exclusive use of Sporting FC Staff and Management.

### Player Conduct:

1. Before all competitive games, each team must meet at a time and place designated by the Coach.
2. Players must present themselves at games/events in their Sporting FC track suit. Also, players are required to bring ALL kit items to every game.
3. You will not be allowed to talk, complain, or show any form of disrespect towards game officials.
4. Players must respect Coaches and Officials at all times, and accept their decisions without gesture or argument, inside and outside the playing field.
5. Players must demonstrate fair-play, cooperation, and a positive attitude at all times.
6. Always be respectful of your adversaries -- do not provoke or disrespect your opponents, and do not respond to violent acts or anti-sportsmanlike conduct.
7. Be gracious in defeat, refrain from using foul language or making racial/sectarian references.
8. Do not bully your teammates or opponents.
9. Don't forget... you LOVE this game!!! HAVE FUN!!!!