



KEMPTVILLE MINOR FOOTBALL CLUB (KMFC)

MEMBER CODE OF CONDUCT

(In ALIGNMENT with the NCAA, FOOTBALL ONTARIO AND FOOTBALL CANADA CODE CONDUCT AND POLICIES)

1. **MEMBERS CODE OF CONDUCT** As a member of the Kemptville Jags football team, I understand that my actions both on and off the field reflect on my team, my coaches, my club, and my child. I commit to upholding the highest standards of sportsmanship, integrity, and teamwork. By signing this Code of Conduct, I agree to abide by the following principles:

1.1 **Respect and Sportsmanship**

- a) I will respect my coaches, teammates, opponents, officials, spectators and the 24-hour rule at all times.
- b) I will demonstrate good sportsmanship, win or lose, and represent my team with pride.
- c) I will respect all decisions made by referees and officials and will not argue calls or show unsportsmanlike behavior.
- d) I will abide by Club guidelines for post-game celebrations.
- e) I will be a supportive and encouraging member, helping to create a positive team environment.
- f) I will not engage in bullying, teasing, racism, sexism, or any behavior that negatively affects my teammates or others.
- g) I will uphold the values of honesty and integrity both on and off the field.
- h) I will take responsibility for my actions and understand that any misconduct may result in disciplinary action.
- i) I will respect all team property, facilities, and equipment.
- j) KMFC will be implementing a **No Smoking, No drug, No Alcohol** policy *** **ALL Provincial Laws** under the **Smoke Free Ontario Act, Liquor Licence Control Act, and Cannabis Control Act** will be respected during the season, and if found in contravention, could be subject to fines outlined in accordance with each act.

1.2 **Consequences of Violations**

I understand that failure to adhere to this Code of Conduct may result in disciplinary actions, including but not limited to:

- a) Verbal warnings
- b) Suspension from games or practices
- c) Removal from KMFC sanctioned events.



- 1.3** The **24-HOUR RULE** in sports is a policy that encourages individuals to wait 24 hours before addressing concerns or complaints related to a game or practice, especially with coaches, officials, or other parents. This allows for emotions to cool down, prevents impulsive reactions, and promotes more constructive and respectful communication. It's not about avoiding issues, but rather about addressing them in a more rational and productive manner.

KEY ASPECT OF THE 24-HOUR RULE:

Cooling-off period:

The primary purpose is to allow a "cooling off" period for emotions to subside, preventing potentially heated or confrontational exchanges, particularly after a game or practice.

Rational discussion: By waiting 24 hours, individuals can approach the situation with a clearer mind, better assess the facts, and formulate their concerns in a more logical and objective way.

Written communication (often): In many instances, the rule also suggests that after the 24-hour period, concerns should be put in writing and submitted to the appropriate party, such as a coach, team manager, or league official.

Focus on resolution: The goal is to facilitate a more constructive and respectful dialogue to address the issue, rather than a reactive or emotional outburst.

Examples of situations: The rule typically applies to concerns about coaching decisions, playing time, team dynamics, or other issues that may arise during or after games or practices.

Consequences for violations: Some organizations may have specific consequences for violating the 24-hour rule, such as suspensions or other disciplinary actions. In essence, the 24-hour rule in sports aims to foster a more positive and sportsmanlike environment by encouraging thoughtful communication and conflict resolution.