

# **Football Newfoundland and Labrador's**

## **Player Code of Conduct**

Updated on February 9, 2026





## Player Code of Conduct

Only the highest standard of sportsmanship and conduct, both on and off the field, are expected of all those participating in the Atlantic Bowl.

### **General Guidelines:**

Players are expected to conduct themselves in a respectful manner at all times. Adherence to the rules and guidelines as specified here and/or by FNL's coaches and managers are required for participation in this program.

**Demonstrating a positive attitude.** Players, parents, and coaches are expected to show a positive, respectful attitude for everyone involved in the sport.

**Setting a good example.** Each person associated with Team NL is accountable for his/her own behavior at all times on or off the field of play. Parents, coaches and other adults should remember that our players learn by example - it is up to the adults to set good examples.

Please check each box after reading.

It is a privilege to play on a Provincial Football Team. As a Team NL player, I will:

- ☐ Represent my Province with honour and act respectfully at all times.
- ☐ Be a good teammate. Give my best effort. Offer encouragement to others. Work for the betterment of our team.
- ☐ Respect coaches, volunteers and teammates.
- ☐ Be prepared and on time for team tryouts, practices and activities. On time means ready to go at your scheduled time. Being prepared means having appropriate gear and learning new plays.
- ☐ Make every effort to attend all tryouts and practices. This is a Provincial Team and consistent attendance is required.
- ☐ Communicate with coaches/managers when unable to attend tryouts and practices.
- ☐ Maintain accurate attendance in TeamLinkt app.
- ☐ Understand that chronic, unexcused absenteeism and unpreparedness could result in my removal from the team without refund.
- ☐ Keep my phone in my bag so that it is not a distraction.
- ☐ Respect all equipment and facilities provided for my use.
- ☐ Not be in possession of pre-workout drinks, energy drinks, vapes, cigarettes, drugs, or alcohol.
- ☐ Not use any wide-spread social media communication channels to communicate any offensive, abusive or insulting remarks towards any other player, official, parent, coaches, team support staff or executive members.