



Sierra Athletic Conference (SAC)

Coach/Board Member Code of Conduct

2025

Rancho Cordova Jr Lancers

SAC Organization Name

Coach/Board Member's Printed Name

Division or Board Position

As a **COACH/BOARD MEMBER** in the Sierra Athletic Conference (SAC), I pledge to Support my organization, team, and league by promoting a positive athletic learning experience and will follow the SAC Code of Conduct outlined below. By signing this document I acknowledge as stated in the SAC rule book that my position and this code is valid for one full calendar year from date of signature.

1. I understand that my character and conduct reflect the SAC and understand that I am expected to promote myself, my organization, and the league in a positive manner.
2. I will attend all SAC required and mandatory coach or board member meetings, clinics, and trainings prior to start of the season.
3. I will complete the age-appropriate cheer and football certifications required by SAC prior to the start of the season.
4. I will know the rules of the game and teach the rules of the game to all athletes.
5. I will refrain from using drugs, tobacco, and alcohol while at all SAC events. This includes the use of any electronic cigarettes also known as e-cigs, vapes, or vaporizers.
6. I will refrain from using profane language while representing my organization and the SAC on game day and at all organization and league sanctioned activities.
7. I will demonstrate fair play and sportsmanship.
8. I will be courteous and direct when dealing with league officials, judges, and opposing coaches.
9. I will respect the decisions of game officials on the field and judges at competitions as being fair and called to the best of their ability.
10. I will demonstrate positive support for all players, coaches, spectators, and referees and encourage parents and spectators to do the same.
11. I will encourage and guide players to accept responsibility for their own actions and to never condone unacceptable behavior.
12. I will foster an environment for my team that promotes diversity and inclusion and is based on treating athletes, coaches, fans, and officials with respect regardless of race, national origin, sex, sexual orientation, creed, or ability.
13. I will place the well-being and safety of each athlete above all other considerations, including the development of performance and agree to ensure each athlete is wearing the proper safety equipment and uniform on game day.
14. I will not engage in violent conduct or verbal abuse towards any athlete, parent, spectator, coach, or official at any time.

15. I will teach athletes to play by the rules and to resolve conflicts through respectful discussion, without resorting to hostility, violence, or verbal abuse.
16. I will provide each athlete with the opportunity to compete and develop all athletes on my team to their full potential.
17. I will follow and become familiar with the 2025 SAC Rule Book and the 2025 NFHS rules.
18. I understand the rule in the 2025 SAC Rule Book that clearly defines recruiting.
19. I will remember that I am a youth sports volunteer and that the experience is for and about the children and encourage all athletes to have fun!

By signing below, I understand that if I fail to abide by the above SAC Code of Conduct, I will be subject to disciplinary actions from the SAC that may include, but is not limited to:

- a. ***Game suspension,***
- b. ***Written documentation of incident kept on file with the SAC league,***
- c. ***Suspension from a coaching position,***
- d. ***Suspension from a board position,***
- e. ***Removal from the SAC league and all SAC sanctioned events.***

Coach/Board Member's Signature

Date