Players Code of Conduct

This handbook applies to parents and students participating in any of the sports offered by Flex Academy & HCOS.

For any questions or comments regarding this document or athletics, feel free to reach out to:
Justin Giesbrecht, Athletic Coordinator

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Commitment To Athletics

It brings us joy to see the crowd outnumber and out-cheer the home crowd when we compete at other gyms. We believe that this passion should be channeled in ways that bring glory to God, whom our athletes, coaches, and parents represent during competition. Let us exemplify the values of sportsmanship, respect, and honor as we honor Him in all that we do.

Athletes

a. Demonstrate Respect: As representatives of Christ, it is crucial to show respect to officials and opposing teams at all times. Our conduct should reflect His love and character throughout every game.

b. Positive Interaction: Players must refrain from responding to officials in negatively, refraining from arguing calls, whether valid or invalid. Players displaying argumentative behavior will be spoken to and possible disciplinary measures for repeated incidents.

c. Sportsmanship: Players should not receive technical fouls or red cards. Behavior will be reviewed by the Athletic Coordinator, and appropriate disciplinary measures may be applied.

d. Academic Eligibility: Students must maintain passing grades in all courses to be eligible for competition. This ensures that we uphold the importance of academic excellence alongside our passion for athletics.

Parents and Spectators

a. Refrain from Arguing Calls: Kindly refrain from arguing with officials, regardless of the validity of their calls. If there are concerns about officiating, it is the coach’s responsibility to address them.

b. Sportsmanship: We request that you avoid criticizing or mocking opposing teams. Let us foster a spirit of sportsmanship and respect for all teams.

c. Encourage Positive Behavior: Criticizing a player for their mistakes is strongly discouraged. Uplift and support our players, fostering an environment of growth and encouragement.

d. Be the Best Fans: We are proud of our passionate fans. Let’s continue to be the BEST FANS this city has, supporting our athletes with enthusiasm, positivity, and respect. Together, we make a difference!

Uniforms and Care

It is the duty of every player to take care of their uniform properly.

- If you wish to wear a shirt under your jersey, the color must match and not stand out.
- During games, your jersey must be tucked in.
- Wash in cold water; separate colors (read label on garmet).
- Avoid using bleach.
- Hang the uniform to dry.
- Refrain from leaving it crumpled in a backpack; keeping it on a hanger is preferable.
- Plan ahead and wash after a game, not immediately before.
- Keep in mind that replacement costs could be as high as $250.

Representation

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Parent Expectations

As a parent, I recognize the dedication my child shows by being part of a team. I understand that my child must adhere to the values, objectives, and policies of the school, team, and coach. As a role model for my child, I commit to conducting myself in a manner that aligns with the school’s, team’s, and coach’s values. Therefore, I hold the responsibility to:

- Encourage my child’s participation, hard work, and attentiveness to coaches.
- Applaud my child’s fair competition and strong effort, regardless of outcomes.
- Instill in my child the belief that giving their best effort holds greater importance than winning, ensuring they never feel disheartened by game results.
- Demonstrate respect for the coach’s authority during games, refraining from questioning, challenging, or confronting coaches at game locations.
- • Exhibit good sportsmanship by displaying respect, politeness, and positive encouragement towards all players, coaches, officials, and spectators.
- Avoid unacceptable behaviors such as booing, taunting, using offensive language or gestures, negatively yelling at players, coaches, issuing instructions to my child during a game, or publicly criticizing players, coaches, officials, volunteers, or fellow parents.
- Familiarize myself with the rules of the game and the league’s policies.
- Notify the coach of any physical disabilities, injuries, or ailments that might impact my child’s safety or that of others.
- Endeavor to schedule appointments and other activities around the team’s schedule.

- Handle certain sensitive issues discreetly, refraining from negative or counterproductive discussions among parents. These issues include coaching strategies, individual player performances, playing time, and player positions.

> Parents who disregard these expectations may face repercussions or exclusion from related competitions.

Player Traits

Friendliness

- Willing to play any role that helps the team
- Is respectful of their teammates
- Mentors younger or newer players

Integrity

- Puts the team before himself or herself
- Is humble, respectful, and never entitled
- Doesn’t allow for gossip or negativity
- Avoid getting bogged down by “What ifs”

Respect

- Confident, but never cocky or arrogant
- Is accountable, responsible, and never blames others
- Communicates and accepts feedback well
- Defends the team’s culture
- Is grateful and appreciative

Effort

- Always looking for ways to improve
- Focus on what you can control
- Gets to practice before time, prepared, and ready
- Has purpose and aims to leave a legacy
- Embraces the challenge

ESPORTS

Purpose

This policy outlines the guidelines for using Discord in the context of esports teams, events, and competitions. It aims to ensure that all communication demonstrates sportsmanship, is respectful,

and is in line with both our community standards and legal regulations. This policy applies to all players, coaches, staff, sponsors, community members, parents, and any other participants involved in esports events who utilize Discord for communication. It includes official team channels, public community servers, and any group or private chat related to esports activities.

Guidelines For Students

Respect and Sportsmanship: All participants must communicate with respect and professionalism. Offensive, discriminatory, or abusive language, including hate speech or harassment, will not be tolerated.

Compliance with Discord Terms of Service: All users must adhere to Discord's own Terms of Service and Community Guidelines.

Confidentiality: Personal information must not be shared in public channels or with unauthorized persons.

Fair Play and Integrity: Use of Discord for collusion, cheating, sharing unauthorized game information, or any action that compromises the integrity of an esports competition is strictly prohibited.

Chat Permissions: Students are not permitted to add anyone to the chat. Only coaches or admins may add players to the chat.

Streaming and Recording: Players or coaches must not stream or record conversations or gameplay without prior approval from team management or event organizers. In some cases games may be recorded for training purposes and kept in private channels.

Appropriate Channels: Players and coaches must use designated channels for team discussions, event communications, and game planning. Misuse of channels may result in disciplinary action.

Voice Channel Etiquette: Players must be respectful in voice channels, avoiding unnecessary background noise, interruptions, or toxic behaviour. Moderators may mute or remove users if conduct is deemed inappropriate.

Accountability and Fairness

In upholding our commitment standards, we shall uphold accountability and fairness. While we acknowledge genuine reasons for excused absences, unexcused absences may result a reduction in playing time or, in extreme cases, dismissal from the team. Such measures are implemented not as punitive actions but rather as a means to maintain the integrity and dedication of the team.

Supervision Expectations

Guardian Responsibilities: Guardians are responsible for monitoring their child's use of Discord while involved in esports.

Usage Limitations: Discord should not be used for communication outside of esports events due potential exposure to unsafe content that could harm children.

Moderation & Reporting

Moderation: Designated moderators (team managers, event staff, etc.) are responsible for overseeing server conduct and enforcing the rules. They may issue warnings, temporary bans, or permanent removal based on violations.

Reporting Violations: Users are encouraged to report any inappropriate behaviour or policy violations to moderators or team managers. Reports will be handled confidentially.

Event Specific Rules

Tournament Channels: Official tournament organizers may establish specific channels for match coordination, rulings, and official communication. These channels must be used exclusively for event-related topics, and all participants are expected to adhere to tournament guidelines.

Official Communication: Discord may be used as the primary communication platform for team captains and event staff during tournaments. Timely responses are expected, and failure to comply may result in disqualification or penalties.

Privacy & Data Protection

Data Sharing: Personal data shared on Discord, including names, emails, or game-related information, must be handled in compliance with privacy regulations (such as GDPR, where applicable).

No Doxxing: Sharing personal information of any individual (doxxing) without their explicit consent is strictly prohibited.

Enforcements & Consequences

Warnings: Users violating the policy may receive a formal warning from a moderator or coach.

Suspension/Ban: Severe or repeated violations may result in suspension or permanent banning from the Discord server, as well as potential suspension from team activities or events.

Appeal Process: Users who believe they were unjustly warned, muted, or banned can appeal to server administrators or event organizers. Appeals will be reviewed on a case-by-case basis.

Amendments

This policy may be updated periodically to reflect changes in Discord functionality, legal requirements, or esports standards. All users will be notified of significant updates to the policy.

Agreements

By participating in esports activities or team communications on Discord, all users agree to abide by this policy. Failure to comply may result in disciplinary actions as outlined above.

More Information

Frequently Asked Questions

HCOS Athletics for Families (SOPHIE)

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