



Sportsmanship Rule

Please note that this rule applies to U10 – U19 teams. However, the intent of this rule is to be practiced at all age groups.

The sportsmanship Rule for East Sac teams is: no team shall win by more than six (6) goals.

In order to promote respect and good sportsmanship, as well as to keep the atmosphere fun and friendly, East Sac Teams will take measures to keep the score within 6 goals. The First violation will result with a warning. The Second violation will result in a one game suspension for the head coach. The Third violation will be brought to the East Sacramento Soccer Board for review for further discipline.

It is important to maintain good sportsmanship during games that turn out to be lopsided. Despite efforts to seed teams fairly in appropriate divisions, there are always instances where one team is far superior than another. Despite the valuable life lessons inherent in losing, and losing gracefully, there is a difference between losing a close fought contest and being blown out by a far better team. In the latter types of losses, the hurt feelings tend to far out way the ability to absorb the life lesson behind a blowout.

Coaches must be proactive early to prevent a lopsided score. Have a practice early in the season and teach your players how you will handle a lopsided game. Revisit this topic. Here are some tips to prevent a lopsided score: play possession, make 10 consecutive passes before you shoot, shoot with your non-dominant foot, move your strong players to the back or sub them out. Be creative: win with honor.