



VALLEY WOLFPACK FOOTBALL & CHEER ASSOCIATION ATHLETE CODE OF CONDUCT & SOCIAL MEDIA GUIDELINES FOOTBALL & CHEER

Athletes:

- I **will** always follow the basic rule of **Fair Play**
- I **will** respect the rules of the game, my opponents, the officials and their decisions
- Everyone on the sidelines **will** participate
- I **will** maintain my self-control at all times
- On game-day, I **will** arrive a minimum of **1 hour prior** to game time for warm-ups. I **will** be fully dressed and ready to participate. I understand that my coach may request that I arrive earlier than one hour and I will do my best to accommodate my coach's request
- On practice days, I **will** arrive at least **15 minutes** prior to start time
- I **will** participate in the game and at every practice to the full ability
- If I need to miss a game or practice for any reason, including illness, injury, or school event, I **will** notify the Team Mom/Parent or Coach as soon as possible of my absence
- I acknowledge that I am a student first and **ACADEMICS will** take precedence over my sport
- I **will not** use foul or derogatory language at any time, and I acknowledge that foul/derogatory language towards anyone including, but not limited to; teammates, coaches, officials, opponents or spectators **will not be tolerated**
- I **will not** be critical of teammates and **will never** discuss my teammates abilities; with the exception of encouraging good team play/teamwork
- I **will** take responsibility for my assigned equipment and must ensure that it is complete, safe and in good condition at all times
- I **acknowledge** that football/cheer is a team sport and that I am a member of a team and ensure that my behavior is that of a **TEAM PLAYER**
- I **will** respect my teammates, coaches, officials and my competitors
- I **will** listen to all of my coach's instructions and abide by their team rules/standards
- I **will** conduct myself in a dignified manner at all times; acknowledging each athlete represents the game/sport of football/cheer, the football and cheer association, their team and community

Social Media Guidelines:

Social media is a powerful tool for staying connected with teammates, fans, friends, and coaches. However, it also comes with risks if not used responsibly. Inappropriate posts can negatively impact your school, athletic programs, team and teammates. Every photo, link, quote, tweet, status, or post—whether shared by you or your friends—becomes a permanent part of your digital footprint. You never know when it could resurface and affect your chances of college acceptance, athletic recruitment, job opportunities, or other important life events where social media history is considered.

As a VFCA Athlete I agree to the following Social Media Guidelines:

- I **take full** responsibility for my online presence, including my own posts and any photos, videos, or recordings of me shared by others
- I **will not** speak negatively about my opponents before, during, or after games
- I **will** avoid posting anything lewd, vulgar, profane, or engaging in bullying or behavior that could disrupt the team, program, or school environment
- I **will** share only positive and respectful content about my teammates, coaches, opponents, and officials
- I **will** use social media to highlight my abilities, support my team, and promote my community and values
- Before posting, I **will ask myself**, "Is this how I want to be seen?"
- I **will** ignore negative comments about me and will not respond with retaliation
- If I see a teammate post something concerning, I **will** address it directly or speak with a team captain or coach if I'm uncomfortable doing so
- I understand that I **represent my sport, school, team, family, and community at all times** and will do so in a positive and respectful manner



Consequences for violating the VFCA Code of Conduct, Social Media Guidelines or ejection¹:

1st Offense:

- Athlete will be suspended for the next scheduled contest/game. If on a BYE week, the suspension will be in effect at the next scheduled contest/game

2nd Offense:

- Athlete will be suspended for the remainder of the season

ATHLETE NAME

ATHLETE SIGNATURE

PARENT/GUARDIAN NAME

PARENT/GUARDIAN SIGNATURE

DATE

¹ The VFCA organization and/or the league reserve the right to suspend indefinitely