

# A Parent's Guide to Boys Lacrosse



**Allentown Upper Freehold Athletic Association**

Version 1.0 - January, 2010

[www.AUFAA.org](http://www.AUFAA.org)



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## The Goal of this Guide

Dear Dragons Lacrosse Parents:

This document serves as your guide to familiarize yourself with the AUFAA Dragons Lacrosse Program, the fundamentals of the game and the rules we play by.

We encourage you to read the Parent's Guide and do whatever you can to help your child, help the program, and help yourself understand how you and your player can make the most of your/their experiences as a Dragon.

We recognize that Lacrosse is a new sport to most parents and encourage questions and conversations. Please do not ever hesitate to ask questions about the game, the rules, or the organization.

We encourage you to get involved as a volunteer and welcome your comments by writing us at [lacrosse@aufaa.org](mailto:lacrosse@aufaa.org)

Sincerely,  
The AUFAA Board



Parents Guide To Boys Lacrosse  
A.U.F.A.A.

**About the AUFAA**

Our mission is to promote competitive and recreational sports for children of all abilities, to educate them in the fundamentals of sports and instruct them in superior sportsmanship and competitiveness. We believe this mission will better prepare children for the challenges they face both as children and as adults.



Our vision, as an independent organization, is to provide a means by which athletics can be facilitated to meet the varying needs of all of the children in our community. Our goal is to provide support, education, guidance, and fundraising to the local scholastic, recreational, and competitive athletic organizations in order to enhance the athletic program throughout Allentown and Upper Freehold.

As a recreation program, we fully support “all children will play” and strive to provide an equitable experience to players of all skill levels. “In-Season” activities will be focused on the educational and recreational aspect of the game, while “Off-Season” activities will provide a higher level of competition for those that desire it.

A major driver of our program is to provide a strong ‘feeder program’ to Allentown High School. We work closely with the High School coaching team and Athletic Director to provide key fundamental training and education about lacrosse with the goal of developing superior Varsity teams.

Parent Involvement:

Parent involvement is critical to any recreation program and has been a major factor in the success of Dragons Lacrosse. While there are currently no mandatory fundraising requirements, there is a significant need for the assistance of the parents in preparing and maintaining the fields each spring and throughout the season. One payment per *family* of \$50 is due for the work bond program. All payments are due prior to uniforms being distributed. Unless otherwise requested, all Work bond checks for families that have satisfied their field duties will be destroyed at the end of the season. Families that have not met their field duty requirements will have their Work Bonds cashed at the end of the year.

Some examples of field duties are:

• Scorers’ Table	• Statistician	• Weekly Field Duty
• Seasonal Field Duty	• Picture Day	• End of year Picnic Duty



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### Fundraising:

Since the inception, the AUF AA has maintained a non-mandatory fundraising position. All fundraising is completely voluntary and is focused on building team spirit. In years past, the two biggest fundraisers we have are the “Dragons Night with the Philadelphia Wings” and the sale of Dragons Garb. We do ask that all families participate in the fundraising efforts; however, neither of these has been mandatory.

### Uniforms:

When a player enters the league, we will try to provide them with the jersey number of their choosing. While not always possible, we will be as accommodating as we can. That number will remain with the player for their entire Dragons career which allows the player to use their jersey for multiple years.

### Games & Travel:

While Dragons Lacrosse is a recreational program, we do have to travel for some of our games. While we strive for a 50/50 split of home and away games, that’s not always possible every year. The vast majority of our games are less than a half-hour away, with the occasional game a bit further. We typically play teams from Millstone, East Windsor, West Windsor, Robbinsville, Jackson and East/North/South Brunswick. Occasional, we’ll play team in Wall, Brick, or Ocean. **All players are expected to be at the fields not later than 30 minutes prior to game time.**

We understand that it may not be possible to make every game or practice, but it is imperative that you communicate with the coach in the event your child will be absent. Line-ups are usually done days in advance, and if someone just doesn’t show up, there is usually little time to make adjustments before the game. **Please let your coaches know when you will not make a game.**

### Sportsmanship & the PCA:

The AUF AA is a support of the Positive Coaching Alliance (PCA) and a strong believer in what they stand for. We fully expect all players, coaches, parents, and spectators to maintain composure during all events.

- The AUF AA **expects** our coaches to be respectful and be positive examples for all players
- The AUF AA **expects** our players to be respectful of the game and their opponents and maintain sportsmanship at all times
- The AUF AA **expects** our parents to be supportive and respectful of everyone on the field

If any parent, player or coach feels that an issue is getting out of hand, they should report the incident to a coach or board member immediately.

## A Brief History of Field Lacrosse

With a history that spans centuries, lacrosse is the oldest continuously played sport in North America. The sport is rooted in Native American religion and was often played to resolve disputes, heal the sick and develop strong, virile men. To some Native Americans, lacrosse is still referred to as “The Creators Game.”

Ironically, lacrosse also served as a substitute for war. Stories tell of as many as 1,000 players per side, from the same or different tribes, who took turns engaging in a violent contest the Algonquians called baaga’adowe (baag means hit, a means be an instrument, adow means ball and e is an abstract ending to the word. Contestants played on a field as much as 15 miles in length and games sometimes lasted for days.



Some tribes used a single pole, tree or rock for a goal, while other tribes had two goalposts through which the ball had to pass. Balls were made out of wood, deerskin, baked clay or stone.

The evolution of the Native American game into modern lacrosse began in 1636 when Jean de Brebeuf, a Jesuit missionary, drew attention to a Huron contest in what is now southeast Ontario, Canada. At that time, some type of lacrosse was played by tribes scattered throughout what is now southern Canada and all parts of the United States.

French pioneers began playing the game avidly in the early 1800s. Canadian dentist W. George Beers standardized the game in 1867 with the adoption of set field dimensions, limits to the number of players per team and other basic rules.

New York University fielded the nation’s first college team in 1877, and Philips Andover Academy (Mass.), Philips Exeter Academy (N.H.) and the Lawrenceville School (N.J.) were the nation’s first high school teams in 1882. There are currently over 600 college and 2000 high school lacrosse teams from coast to coast.

The first women’s lacrosse game was played in 1890 at the St. Leonard’s School in Scotland. Although an attempt was made to start women’s lacrosse at Sweet Briar College (V.A.) in 1914, it was not until 1926 that Miss Rosabelle Sinclair established the first women’s lacrosse team in the United States at the Bryn Mawr School in Baltimore, MD.

Men’s and women’s lacrosse were played under virtually the same rules, with no protective equipment, until the mid-1930’s. At that time, men’s lacrosse began evolving



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dramatically, while women's lacrosse continued to remain true to the game's original rules. Men's and women's lacrosse remain derivations of the same game today, but are played under different rules. Women's rules limit stick contact, prohibit body contact and, therefore, require little protective equipment. Men's lacrosse rules allow some degree of stick and body contact, although violence is neither condoned nor allowed.

Field lacrosse is sometimes perceived to be a violent and dangerous game, however, injury statistics prove otherwise. While serious injuries can and do occur in lacrosse, the game has evolved with an emphasis on safety and the rate and severity of injury are comparatively low.

Played by "boys" and "girls" who range in age from six to sixty, lacrosse is one of the fastest growing team sports in the United States. In recent years, lacrosse has experienced unprecedented growth throughout the world.

A unique combination of speed, skill, agility, grace, endurance, finesse, and historical significance, lacrosse may just be, according to basketball inventor James Naismith, "the best of all possible field games."

### Positive Coaching Alliance

The Positive Coaching Alliance is a non-profit organization whose goal is to train and educate Youth and High School coaches on how to coach effectively. The A.U.F.A.A. is a proud supporter of the PCA and all of our coaches are PCA certified.



The goals of the PCA are to:

- Prepare youth athletes from pre-school through high school for success in life on and off the playing fields
- Emphasize character-education and life lessons through sports
- Become outstanding educational-athletic programs, using our *Roadmap to Excellence* to create a shared vision among organizational leaders, coaches, parents and athletes.

The AUFAA Fully Supports the Objectives of the PCA:

- The AUFAA **expects** our coaches to be respectful and be positive examples for all players
- The AUFAA **expects** our players to be respectful of the game and their opponents and maintain sportsmanship at all times
- The AUFAA **expects** our parents to be supportive and respectful of everyone on the field

Visit the PCA at  
[www  
.positivecoach.  
org](http://www.positivecoach.org)



## Playing the Game

Boys (men's) lacrosse is a contact game played by ten players: a goalie, three defensemen, three midfielders and three attackmen. The object of the game is to shoot the ball into the opponent's goal and to keep the other team from scoring. The team scoring the most goals wins.

Each team must keep at least four players, including the goalie, in its defensive half of the field and three in its offensive half. Three players (midfielders) may roam the entire field.

Teams change sides between periods. Each team is permitted two timeouts each half. The team winning the coin toss chooses the end of the field it wants to defend first.

The players take their positions on the field: Four in the defensive clearing area, one at the center, two in the wing areas and three in their attack goal area.

Men's lacrosse begins with a face-off. The ball is placed between the sticks of two squatting players at the center of the field. The official blows the whistle to begin play. Each face-off player tries to control the ball. The players in the wing areas can run after the ball when the whistle sounds. The other players must wait until one player has gained possession of the ball, or the ball has crossed a goal area line, before they can release.

Center face-offs are also used at the start of each quarter and after a goal is scored. Field players must use their crosses (sticks) to pass, catch and run with the ball. Only the goalkeeper may touch the ball with his hands. A player may gain possession of the ball by dislodging it from an opponent's crosse with a stick check. A stick check is the controlled poking and slapping of the stick and gloved hands of the player in possession of the ball.

Body checking is permitted if the opponent has the ball or is within five yards of a loose ball. All body contact must occur from the front or side, above the waist and below the shoulders, and with both hands on the stick. An opponent's crosse may also be stick checked if it is within five yards of a loose ball or ball in the air. Aggressive body checking is discouraged.



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If the ball or a player in possession of the ball goes out of bounds, the other team is awarded possession. If the ball goes out of bounds after an unsuccessful shot, the player nearest to the ball when and where it goes out of bounds is awarded possession.

An attacking player cannot enter the crease around the goal, but may reach in with his stick to scoop a loose ball.

There are personal fouls and technical fouls in boys lacrosse. The penalty for a personal foul results in a one-to-three minute suspension from play and possession to the team that was fouled. Players with five personal fouls are ejected from the game. The penalty for a technical foul is a 30-second suspension if a team is in possession of the ball when the foul is committed, or possession of the ball to the team that was fouled if there was no possession when the foul was committed.

### **Boys Lacrosse Field Positions**

Boys Lacrosse is broken down into four fundamental positions. Each position has a specific purpose and plays a key role in setting up plays during a game.

#### **Attack**

The attackman's responsibility is to score goals. The attackman generally restricts his play to the offensive end of the field. A good attackman demonstrates excellent stick work with both hands and has quick feet to maneuver around the goal. Each team should have three attackmen on the field during play.

#### **Midfield**

The midfielder's responsibility is to cover the entire field, playing both offense and defense. The midfielder is a key to the transition game, and is often called upon to clear the ball from defense to offense. A good midfielder demonstrates good stick work including throwing, catching and scooping. Speed and stamina are essential. Each team should have three midfielders on the field.

#### **Defense**

The defenseman's responsibility is to defend the goal. The defenseman generally restricts his play to the defensive end of the field. A good defenseman should be able to react quickly in game situations. Agility and aggressiveness are necessary, but great stick work is not essential to be effective. Each team should have three defensemen on the field.



## Goalkeeper

The goalie's responsibility is to protect the goal and stop the opposing team from scoring. A good goalie also leads the defense by reading the situation and directing the defensemen to react. A good goalie should have excellent hand/eye coordination and a strong voice. Quickness, agility, confidence and the ability to concentrate are also essential. Each team has one goalie in the goal during play.

## Boys Equipment

As safety is the primary concern for our players, the equipment below is mandatory.

The Crosse: The crosse (lacrosse stick) is made of wood, laminated wood or synthetic material, with a shaped net pocket at the end. The crosse must be an overall length of 40-42 inches for attackmen and midfielders, or 52-72 inches for defensemen. The head of the crosse must comply with all US Lacrosse requirements.

Helmet: A protective helmet, equipped with facemask, chin pad and a cupped four-point chinstrap fastened to all four hookups, must be worn by all players. All helmets and facemasks should be **NOCSAE** (National Operating Committee on Standards for Athletic Equipment) approved.

Shoulder Pads: All players are required to wear shoulder pads that extend past the lower rib on the front and back. These are optional for goalies.

Arm Pads: All players are required to wear arm pads that extend from the shoulder pad to the glove. Elbow pads should be avoided.

Mouthpiece: The mouthpiece must be a highly visible color and is mandatory.

Gloves: All players are required to wear protective gloves. The cutting or altering of gloves is prohibited.

Athletic Supporter: All players are required to wear athletic supporters and protective cups.

Other Protective Equipment:

- Rib pads are optional but are strongly recommended
- The goalkeeper is required to wear a throat protector and chest protector, in addition to a helmet, mouthpiece, gloves and a protective cup.

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**Helmet and Face Mask -**  
All helmets **MUST** be NOCSAE approved. The helmet must have a chin strap and cannot be altered from the manufactured form. The face mask cannot allow the head of the stick or ball to make contact with the face.

**Mouth Guard -**  
Should be a color that is easily seen by Referees and **MUST** be attached to the facemask

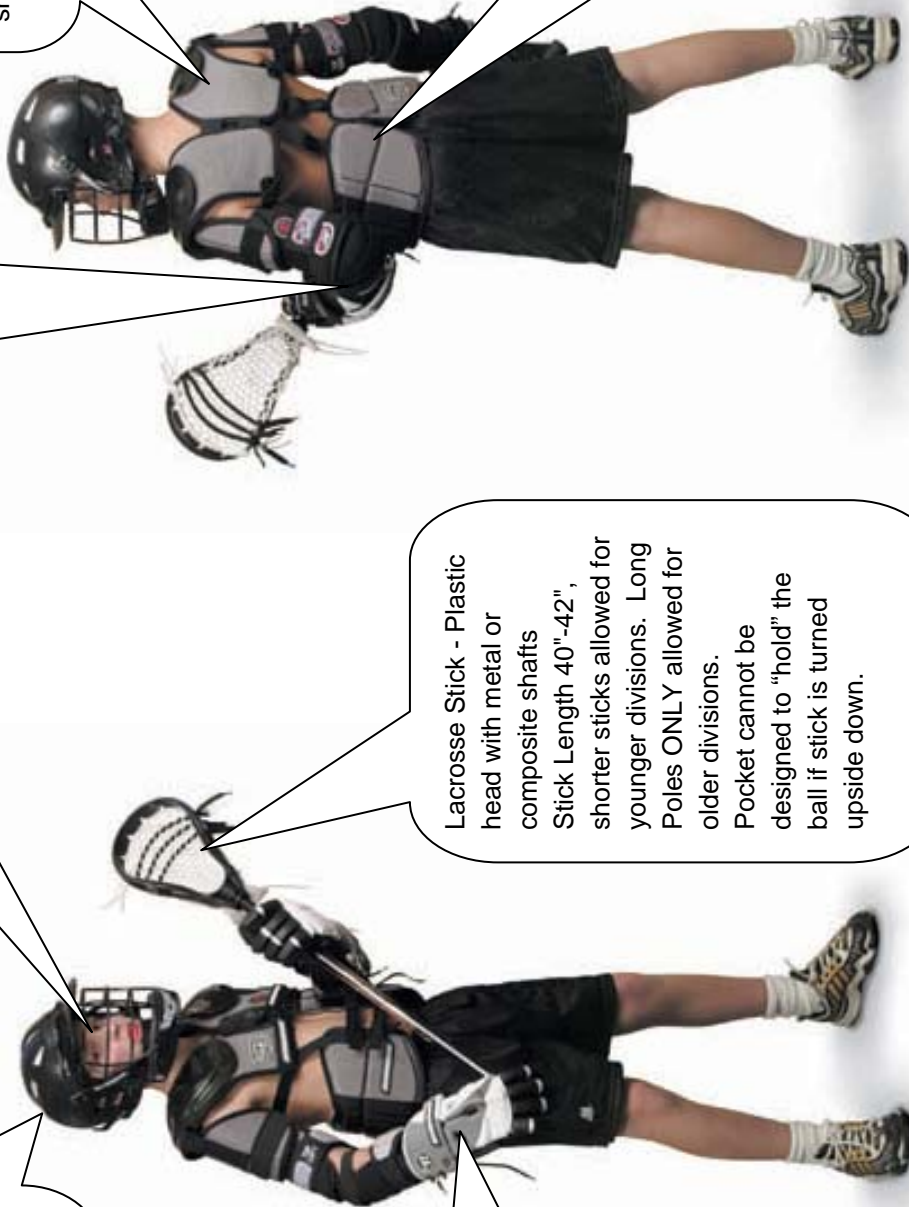
**Arm Pads -** Hard plastic that offers protection for the whole arm, while allowing full range of motion of the arm at the elbow.

**Shoulder Pads -**  
One piece pad made of flexible, durable material when fit properly offers protection for upper body and shoulders.

**Gloves -** Gloves should offer excellent protection and flexibility. No skin should be visible from the base of the wrist to the tip of the fingers

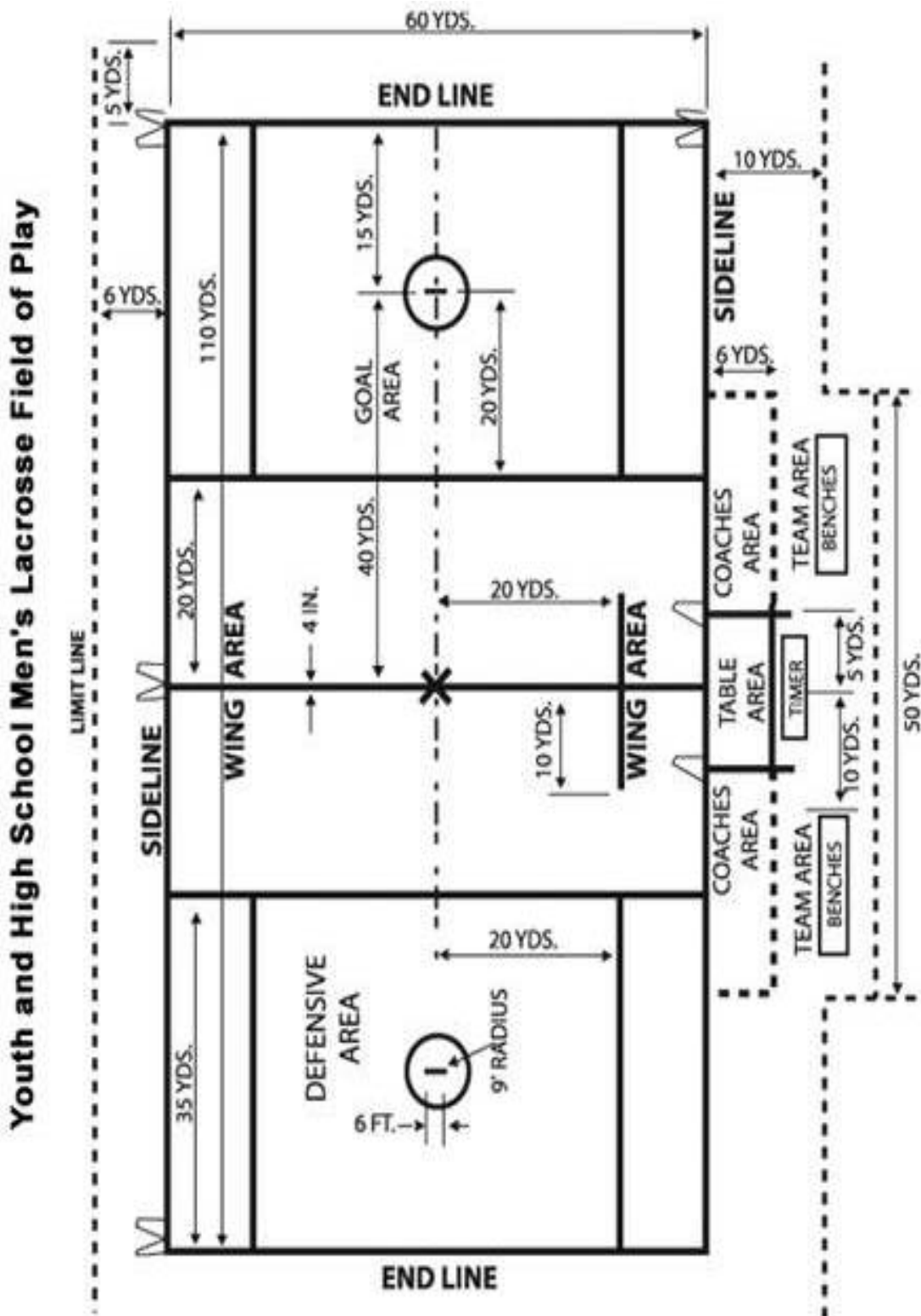
**Lacrosse Stick -** Plastic head with metal or composite shafts  
Stick Length 40"-42", shorter sticks allowed for younger divisions. Long Poles **ONLY** allowed for older divisions.  
Pocket cannot be designed to "hold" the ball if stick is turned upside down.

**Back and Kidney Pads (optional) -**  
A one piece light weight plastic pad which offers protection for the back and kidney area.



## Field Layout

The following image describes a typical field layout for lacrosse. The field size will be proportionally smaller for younger age groups when needed.





## Rules of Play

The A.U.F.A.A. is part of the Central Jersey Youth Lacrosse League (CJYLL), and as such, abides by the rules that govern the CJYLL. In an effort to promote safety for our participants, and to promote the “love of the game”, several rules have been adjusted or clarified for CJYLL organizations.

### Grade/Age Definition

As stated in the Bylaws of the US Lacrosse Youth Council (USLYC), eligibility for participation in U-15 events sanctioned by US Lacrosse and its Youth Council will be based on the following criteria:

- 1) Youth players will be age 15 years and under in grade 8 or below and further qualify as follows in order to participate in USLYC sanctioned youth lacrosse activities:
  - a) player has not attained 15 years of age as of December 31st in the year preceding a USLYC sanctioned event; and
  - b) the player has not participated in any high school program as a member of a high school freshmen, junior varsity, or varsity team.

*Example: An 8<sup>th</sup> grader who turned 16 on December 27 is **not eligible** to participate, however an 8<sup>th</sup> grader who turned 16 on January 5<sup>th</sup> is **eligible**.*

- 2) Grade 7/8 (U15): Under 15. Participate in a 16-20 game schedule starting in early April through mid-June. Participants in this division are eligible, based on coaches' selection, to participate in the U15/U13 jamborees that will be held at the end of the season.
- 3) Grade 5/6 (U13): Under 13. Participate in a 16-20 game schedule starting in early April through mid-June. Participants in this division are eligible, based on coaches' selection, to participate in the U13 jamborees that will be held at the end of the season.
- 4) Grade 3/4 (U11): Under 11. Participate in a 16-20 game schedule starting in early April through mid-June.

***Players are not permitted to advance or ‘play up’ more than one grade. For example, a 5<sup>th</sup> grader can play against 6<sup>th</sup> graders, but NOT against 7<sup>th</sup> graders.***

As determined above, individual leagues have the option of creating teams based on age or grade.

- Senior Division: Single grade 7<sup>th</sup> or 8<sup>th</sup>, or mixed grade 7th/8th
- Junior Division: Single grade 5<sup>th</sup> or 6<sup>th</sup>, or mixed grade 5th/6th
- Lightning Division: Single grade 3<sup>rd</sup> or 4<sup>th</sup>, or mixed grade 3rd/4th



## Game Length

Games are divided into four (4) quarters. Each quarter consists of:

- 10 minute stopped time periods at the 7<sup>th</sup> & 8<sup>th</sup> grade level
- 12 minute running time periods at the 5<sup>th</sup> & 6<sup>th</sup> grade level
- 10 minute running time periods at the 3<sup>rd</sup> & 4<sup>th</sup> grade level
- Period breaks will be no less than two (2) minutes
- Halftime will be no less than five (5) minutes.

Tournaments' are excluded from these requirements. Coaches have the ability to alter the period length if there is agreement between the coaches and officials to alter prior to the game.

## Overtime

One three minute overtime period will be played at all grade levels in the event of a tie during regulation. If there is no score in that time, the game will be declared a tie.

Overtime will be played in running time. There are no time outs other than for injury. At the 7th-8th grade level, the clock counts will remain in effect.

## Mercy Rule

At any point in the game where one team leads by four or more goals the ball will be given to the trailing team at midfield in lieu of a face off ("Free Clear"). The head coach of the trailing team has the option to choose a face off instead of receiving the ball. All periods begin with a faceoff regardless of the score unless a penalty is being enforced at the time.

## Blow Outs

Large winning margins of 10 goals or more are strongly discouraged. Coaches are encouraged to manage blowout situations creatively, and instruct their players how to treat opponents with sportsmanship and respect.

## Body Checking

Body checking is **not** permitted at the 3rd/4th grade level. At the 3rd-4th grade level, when ground balls are being contested in a "man-ball" situation, the player playing the "man" may legally interfere with the opponent, but may not body check.

Body checks are permitted at 5/6th and above as long as players make contact in an upright position within five yards of the ball. No "take out" checks are permitted at any level. Take out checks are defined as body checks in which a player lowers his head



and shoulders with the force and intent to put the opposing player on the ground, or “lines up” an opponent with similar intent.

### **Mouth Piece**

All players must wear a colored mouthpiece and have their chinstrap properly attached at all times when on the playing field.

### **Long Poles**

Teams at all age groups are allowed up to four long poles on the field at any time. At the 3rd-4th grade level, long poles shall not exceed 52”. Please note: US Lacrosse does not recommend introducing long poles until 7th/8th grade.

**AUFAA Modification:** Usage of a long pole **must** be approved by the team coach. Parents are **strongly** advised to check with the coach prior to purchasing a long pole.

### **Personal Fouls**

Slashing - Occurs when a players stick viciously contacts an opponent in any area other than the stick or gloved hand on the stick.

Tripping - Occurs when a player obstructs his opponent at or below the waist with the crosse, hands, arms, feet or legs.

Cross Checking - Occurs when a player uses the handle of his crosse between his hands to make contact with an opponent.

Unsportsmanlike Conduct - Occurs when any player or coach commits an act which is considered unsportsmanlike by an official, including taunting, arguing, or obscene language or gestures.

Unnecessary Roughness - Occurs when a player strikes an opponent with his stick or body using excessive or violent force.

Illegal Crosse - Occurs when a player uses a crosse that does not conform to required specifications. A crosse may be found illegal if the pocket is too deep or if any other part of the crosse was altered to gain an advantage.

Illegal Body Checking - Occurs when any of the following actions takes place:

- Body checking an opponent who is not in possession of the ball or within five yards of a loose ball;
- Avoidable body check of an opponent after he has passed or shot the ball;
- Body checking an opponent from the rear or at or below the waist;
- Body checking an opponent above the shoulders.



Illegal Gloves - Occurs when a player uses gloves that do not conform to required specifications. A glove will be found illegal if the fingers and palms are cut out of the gloves, or if the glove has been altered in a way that compromises its protective features.

## **Technical Fouls**

Holding - Illegally impedes the movement of an opponent with the ball.

Interference - Occurs when a player interferes in any manner with the free movement of an opponent, except when that opponent has possession of the ball, the ball is in flight and within five yards of the player, or both players are within five yards of a loose ball.

Offsides - Occurs when a team does not have at least four players on its defensive side of the midfield line or at least three players on its offensive side of the midfield line.

Pushing - Occurs when a player thrusts or shoves a player from behind.

Screening - Occurs when an offensive player moves into and makes contact with a defensive player with the purpose of blocking the man he is defending.

Stalling - Occurs when a team intentionally holds the ball, without conducting normal offensive play, with the intent of running time off the clock.

Warding Off - Occurs when a player in possession of the ball uses his free hand or arm to hold, push or control the direction of an opponent's stick check.

Withholding The Ball From Play - Occurs when a player clamps a loose ball against the ground more than momentarily or clamps the ball against his body to prevent it from being dislodged.

## **Key Skills**

Catching: The act of receiving a passed ball with the crosse.

Checking: The act of attempting to dislodge the ball from an opponent's stick.

Cradling: The coordinated motion of the arms and wrists that keeps the ball secure in the pocket and ready to be passed or shot when running.

Cutting: A movement by an offensive player without the ball, toward the opponent's goal, in anticipation of a feed and shot.

Feeding: Passing the ball to a teammate who is in position for a shot on goal.

Passing: The act of throwing the ball to a teammate with the crosse.

Poke Check: A stick check in which the player pokes the head of his stick at an opponent's stick through the top hand by pushing with the bottom hand.

Slap Check: A stick check in which a player slaps the head of his stick against his opponents stick.

Scooping: The act of picking up a loose ball with the crosse.



Screening: An offensive tactic in which a player near the crease positions himself so as to block the goalkeepers view of the ball.

Shooting: The act of throwing the ball with the crosse toward the goal in an attempt to score.

## **Glossary**

Attack Goal Area: The area around the goal defined by the endline, the Goal Area Line and the two broken lines located 20 yards on either side of the goal. Once the offensive team crosses the midfield line, it has 10 seconds to move the ball into its attack goal area.

Body Check: Contact with an opponent from the front – between the shoulders and waist – when the opponent has the ball or is within five yards of a loose ball.

Box: An area used to hold players who have been served with penalties, and through which substitutions “on the fly” are permitted directly from the sideline onto the field.

Check-Up: A call given by the goalie to tell each defender to find his man and call out his number.

Clamp: A face-off maneuver executed by quickly pushing the ball of the stick on top of the ball.

Clearing: Running or passing the ball from the defensive half of the field to the attack goal area.

Crease: A circle around the goal with a radius of nine feet into which only defensive players may enter.

Crosse (stick): The equipment use to throw, catch and carry the ball.

Defensive Clearing Area: The area defined by a line drawn sideline to sideline 20 yards from the face of the goal. Once the defensive team gains possession of the ball in this area it has 10 seconds to move the ball beyond the

Goal Area Line: Once beyond the Goal Area Line, the defensive team may not pass or run the ball back into the Defensive Clearing Area.

Extra Man Offense (EMO): A man advantage that results from a timeserving penalty.

Face-off : A technique used to put the ball in play at the start of each quarter, or after a goal is scored. The players squat down and the ball is place between their crosses

Fast-Break: A transition scoring opportunity in which the offense has at least a one-man advantage.

Ground Ball: A loose ball on the playing field.

Handle (shaft) : An aluminum, wooden or composite pole connected to the head of the crosse.

Head: The plastic or wood part of the stick connected to the handle.

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Man Down Defense (MDD): The situation that results from a timeserving penalty which causes the defense to play with at least a one man disadvantage.

Midfield Line: The line which bisects the field of play.

On-The-Fly Substitution: A substitution made during play.

Pick An offensive maneuver in which a stationary player attempts to block the path of a defender guarding another offensive player.

Pocket: The strung part of the head of the stick which holds the ball.

Rake: A face-off move in which a player sweeps the ball to the side.

Riding: The act of trying to prevent a team from clearing the ball.

Release: The term used by an official to notify a penalized player in the box that he may re-enter the game.

Unsettled Situation: Any situation in which the defense is not positioned correctly, usually due to a loose ball or broken clear.



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## Code of Conduct

UPPER FREEHOLD TOWNSHIP  
ATHLETIC CODE OF CONDUCT

(Taken from Upper Freehold Township Ordinance 187-07)

**Preamble:**

Interscholastic and youth sports programs play an important role in promoting the physical, social and emotional development of children. It is therefore essential for parents, coaches, and officials to encourage youth athletes to embrace the value of good sportsmanship. Moreover, adults involved in youth sports events should be models of good sportsmanship and should lead by example by demonstrating fairness, respect, and self-control.

I therefore pledge to be responsible for my words and actions while attending, coaching, officiating, or participating in a youth sports event and shall conform my behavior to the following code of conduct:

- 1) I will not engage, nor will I encourage my child, or any other person, to engage in un-sportsmanlike conduct with any coach, parent, player, participant, official, or any other attendee.
- 2) I will not engage, nor will I encourage my child, or any other person, to engage in any behavior which would endanger the health, safety, or well-being of any coach, parent, player, participant, official, or any other attendee.
- 3) I will not encourage or use, nor will I permit my child, or any other person, to encourage or use drugs or alcohol at a youth sports event.
- 4) I will not encourage, nor permit my child, or encourage any other person, to attend, coach, officiate, or participate in a youth sports event while under the influence of drugs or alcohol.
- 5) I will treat and encourage my child to treat any coach, parent, player, participant, official or any other attendee with respect regardless of race, color, creed, national origin, sex, sexual orientation, or ability.
- 6) I will not engage, nor will I encourage my child, or any other person, to engage in the use of profanity.
- 7) I will not engage, nor will I encourage my child, or any other person, to engage in verbal or physical threats or abuse aimed at any coach, parent, player, participant, official, or any other attendee.
- 8) I will not initiate, nor encourage my child, or any other person, to initiate a fight or scuffle with any coach, parent, player, participant, official, or any other attendee.

I hereby agree that if I fail to conform my conduct to the foregoing while attending, coaching, officiating or participating in a youth sports event I will be subject to disciplinary action issued by a league, organization, or school official who is authorized to issue such action by a school board or youth sports organization, including but not limited to the following in any order or combination thereof:

- 1) Verbal warning issued by a league, organization or school official.
- 2) Written warning issued by a league, organization or school official.
- 3) Suspension or immediate ejection from a youth sports event.
- 4) Suspension for multiple youth sports events.
- 5) Season suspension or multiple season suspension.

All of the above will be submitted in writing to the school board, the Upper Freehold Township Recreation Committee, and distributed to each youth sports organization.