



**Code of Conduct**

All UFL volunteers and participants will abide by a Code of Conduct, which includes the following provisions. Failure to abide by these rules may result in a penalty including but not limited to permanent removal from the program. UFL reserves the right to amend or change these rules as it may see fit. All Members and Participants shall:

- S1:** Smoking is not allowed on the field, this includes e-cigarette, cigarette, marijuana (prescribed and non-prescribed), tobacco and any derivatives.
- S2:** Not criticize players/spirit participants in front of spectators, but reserve constructive criticism for later, in private, or in the presence of team members if others might benefit. Such constructive criticism should not be humiliating to participant.
- S3:** Accept decisions of the game officials and judges on the field and in competitions as being fair and called to the best ability of said officials.
- S4:** Not criticize an opposing team, its players, spirit participants, coaches, or fans by word of mouth or by gesture.
- S5:** Emphasize that good athletes strive to be good students and that both are physically and mentally alert.
- S6:** Strive to make every football and spirit activity serve as a training ground for life, and a basis for good mental and physical health.
- S7:** Emphasize that winning is the result of good teamwork.
- S8:** Not engage in excessive sideline coaching and shall not leave the bench area to shout instructions from the sidelines.
- S9:** Together with team officials, be jointly responsible for the conduct and control of team fans and spectators at all times. Any fan who becomes a nuisance and out of control will be asked to leave.
- S10:** Not use abusive or profane language at any time.
- S11:** Not “pile it on;” not encourage their team to get a commanding lead and raise the score as high as it can. In these instances, every effort shall be made to let all players play.
- S12:** Not receive any payment, in cash or kind, for services as a volunteer or participant in UFL. This includes any coach, expert, consultant or choreographer, regardless of his/ her roster status.
- S13:** Not permit or encourage “sweating down” tactics in order for a player to make the team weight.
- S14:** Not recommend or distribute any medication, controlled or over the counter, except as specifically prescribed by participant’s physician.
- S15:** Not permit an ineligible player or spirit participant to participate in a game.
- S16:** Not deliberately incite unsportsmanlike conduct.
- S17:** Not possess or drink alcoholic beverages and/or use illegal substance(s) on either the game or practice fields.
- S18:** Remove from a game or practice any participant when even slightly in doubt about his/her health, whether or not as a result of injury, until competent medical advice is available.
- S19:** Uphold all rules and regulations UFL.
- S20:** Refrain from engaging in any action within or outside UFL, which in sole & absolute discretion reflects negatively upon, or causes embarrassment to UFL.