Players Code of Conduct

REMEMBER THE GOLDEN RULE - This is the most important rule you'll ever learn in sports! Always treat your teammates, coaches, opponents and officials in the same manner that you would like to be treated. That means respect, dignity, and total sportsmanship at all times.

BE A GOOD SPORT - Play fair. Be a leader. Set the example. Rise above poor behavior. Have fun. The way in which you conduct yourself has a long lasting effect on everybody around you. That's what practicing good sportsmanship is all about.

PRACTICE THE FUNDAMENTALS - Master the basketball basics. Practice your dribbling, shooting, passing, rebounding and defense, over and over again.

LISTEN TO YOUR COACH - You may think your coach is the best, the worst or somewhere in between. It makes no difference. If you're on the team, your job is to listen attentively to what your coach is saying. Coaches volunteer their own time to work with your team. Don't waste that time.

BE PATIENT WITH YOUR TEAMMATES - Every player on your team has certain strengths and weaknesses. Be patient with your teammates as they improve their games - just as they will be patient with you improving your game. Basketball is a team sport. Success can only come when the entire team works and plays well together.

LEARN THE RULES - When was the last time you sat down and actually read the rule book? It's hard to say you "know the game" if you really don't know the rules of the game.

NEVER QUESTION AN OFFICIAL - Officials do not care who wins and they have no favorite players. All they want is for a fair and safe game to be played. And that's no easy job. Make it easier by not talking back to an official.

PLAY HARD - Hustle never goes out of style. Coaches absolutely love players who try a little harder on defense, jump a little higher for rebounds and dive a little more for those loose balls. If playing hard isn't part of your game - make it!

INCLUDE YOUR PARENTS - Your parents want only the best in life for you. And they always want to see you succeed. Let them into your basketball world, but remind them that there are ups and downs and your goal is to have fun. It's good for you to have their support and fun for them to see you take responsibility as a member of the team.

HAVE FUN - It's a simple concept. Win or lose, try to enjoy every moment on the court. If playing isn't fun, then something is wrong.

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