



# Folsom Soccer Club

## Parent Code of Conduct

- Competitive Program -

### Parent Guidelines and Rules:

1. Understand that youth soccer is a learning experience and mistakes are made by all involved. Supporting a team does not give you the right to be rude or abusive.
2. Leave the coaching to the coaches and avoid coaching from the sidelines. Players do not need conflicting messages from parents and need to be able to hear their coaches. It also distracts the players and takes their attention away from the game.
3. Be supportive of your team coaches. Players may be asked to play a position that may not be their favorite, but one that is best for the team. Accept the coach's decisions (playing time, player position, tactical) and not interfere with his/her duties and responsibilities.
4. Be considerate as to when and when not to speak to coaches. If you feel the need to speak to the coach about a matter, please ask as to when would be a good time. A bad time would be before or during practices and before, during or immediately after games.
5. Ensure your players get to and from practices and games on time and ready to start.
  - a. Players should arrive to the practice/game at the coach's instruction.
  - b. Parent should arrive at least 5 minutes before the end of practice to pick up their players.  
**Note:** The second to last parent picking up their player after a practice/game must wait with the coach until the last parent arrives to pick up their player.
  - c. If unable to attend a practice/game, make sure to let your coach know beforehand.
6. For families of older players, encourage your player to solve their own problems, and take responsibility for their own actions, rather than you doing it. This means:
  - a. Players should call the coach beforehand if unable to make a practice
  - b. Players should communicate problems to the coaching staff first (position, injury, missing game) before the parents do.
  - c. If they are unhappy with playing time, urge them to do something positive about it (work harder, ask what the coach is looking for, or accept their role).
7. Help your player take responsibility for rest, hydration and meals. Help them to get an appropriate amount of rest/sleep before and between games, make sure they are taking in plenty of fluids before/during/after games and make sure they eat a quality pre-game meal.
8. Be encouraging, supportive and affirmative in regards to your player's play on the field. Avoid making negative comments in front of your player or any other member. This includes comments regarding coaches, parents, players or referees. Such talk will affect the player's attitude, interactions and performance.
9. Respect the competition. This includes negative comments or unsportsmanlike behavior directed at the competition before, during and after games.
10. Be respectful to ALL referees. Negative comments from the sidelines force referees to quit. We are in short supply of referees so please choose to support rather than criticize.
11. Parents/fans who display inappropriate behavior on the sidelines WILL be asked and expected to leave the game. Make sure family/friends attending games adhere to all FSC and FLSL policies and guidelines.

**Remember:** These rules serve as guides. The best guide is for you to guide your actions with maturity, common sense and courtesy.