



# SAN FRANCISCO GLENS SOCCER CLUB

## Code of Conduct

### Players



# San Francisco Glens Soccer Club

## Players' Code of Conduct

### Players' Guide Introduction

The objective of the player guide is to help all players understand San Francisco Glens Soccer Club's culture and key policies. All players and staff are asked to embrace this culture by adhering to the points raised in this booklet. It is not a **harsh** set of rules, but instead guidelines developed beginning in 2023.

These guidelines are a fundamental part of the development of a young football player and ensures the continued success of the San Francisco Glens..



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### Day to Day Principles

**1.1** Players should always set out to BE THE BEST. SF Glens players should strive for sporting excellence, give their best and be committed, on and off the field.

**1.2** All SFG players should strive for the best in their own development as a player, the improvement of their team and their own personal development as an individual.

**1.3** Players must adhere to the weekly schedule drawn up by the Coach in relation to training sessions, games, and team meetings.

**1.4** Players must carry out assigned duties as designated by the Coach.

**1.5** Respect is a key element of the way we conduct ourselves. This includes the respect to:

- Teammates
- Opponents
- Coaches
- Match Officials
- Parents and spectators

**1.6** Players should extend this courtesy at all times throughout training and games. Demonstrating such respect and sportsmanship is mandatory.

### Behavior

**2.1** Players should always conduct themselves in a professional manner at all times.

**2.2** Player misconduct toward each other (i.e. foul language, cursing, sarcasm, verbal or physical bullying) in training sessions or on match days will not be tolerated.

**2.3 At all times older players must understand that they are an example to younger players and are responsible for their own behavior.** Foul language will not be tolerated in their presence.

**2.4** At all times players are expected to demonstrate a positive attitude and high energy levels as requested by the Coaches.

**2.5** Players who do not conduct themselves responsibly or positively, should expect such consequences as:

- at games, less playing time
- suspension from practices / games
- at practices, being asked to sit out

**2.6** Players should be respectful of all facilities used by the Club. The rules of the club and the facility must be followed. Leave changing and team areas clean and trash properly disposed of.

**2.7** Consistent poor behavior will be addressed by the Club and may include suspension from training and/or games.

**2.8** Players should look to always be supportive of teammates and not negative.

**2.9** Players are expected to be respectful towards all coaching staff, directors and club members. Players are to set a standard where they always take the time to shake coaches and directors hands at trainings, games and events.



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### Attendance and Commitment

- 3.1** Strict punctuality for both training and games will apply at all times. Players should arrive 15 minutes prior to practices dressed and ready to train. Players should arrive at minimum 1 hour prior to games, unless otherwise advised by the Coach.
- 3.2** If it is not possible for a player to attend through illness or otherwise, they must inform their Coach as early as possible via BYGA. Messages via another player or parent are not acceptable.
- 3.3** If a player is running late for training, he or she must inform the Coach with as much notice as possible. On late arrival, players should respectfully go to the coach and inform coach of their arrival.
- 3.4** Game time is a reward for hard work, positive attitude, application of the coaches practices and responsible behavior at training and games. It is the Coach's discretion regarding playing time and positions.
- 3.5** Players who are late for games without a very good reason should not expect to start, and should not expect equal playing time.
- 3.6** The Club reserves the right to release any players who show a lack of commitment to the team. This may include poor attendance, non-attendance at key games and tournaments, and/or disruptive negative behavior.

### Appearance and Dress Code

- 4.1** On arrival at the fields, all players must be dressed in clean SFG training or game kit (no substitutes).
- 4.2** Kits include:  
Training – SF Glens practice green shirt/ black shorts/ green or black socks  
  
Games – Primary Colors – Green/Green/Green  
  
Secondary Colors – White/Green/Green  
  
SF Glens hoodies may be worn to training.
- 4.3** Shin guards must be worn for ALL training and games. The Club will NOT be responsible for any injuries incurred if a player does not wear proper equipment.
- 4.4** Players are encouraged to wear proper footwear to avoid injuries: studded cleats for grass and artificial turf shoes for turf fields.
- 4.5** Hats and Street Wear (Including pants and jackets) and ear rings are not to be worn at the training grounds, or on match days.
- 4.6** On trainings and match days, players must put all their belongings in their bags and line them up neatly. It is important that our teams and trainings / matches look professional.



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### Competing

**5.1** Players are rostered with the Club and hence available to play for multiple teams. While players may be initially selected to compete primarily with a team, the Club reserves the right to move players to other teams based upon the Club needs, team needs and player development. Players need to be prepared to train and compete with different levels and age groups as required.

**5.2** Participation in games is a reward for hard work, commitments and capabilities. It is the coach's discretion to manage game tactics, formations and player rotations.

**5.3** Players may speak with the coaches regarding their playing time, position, etc. Parents are discouraged from having these discussions.

**5.4** Training attendance - attendance at training is critical. Players may not replace team training for other events, clinics, etc. unless specifically approved by the Club. Parents are encouraged to drop off players at training and return at the end of training to pick them up.

**5.5** Ultimately, SF Glens will field the team that the coach believes will be competitive and succeed. It is the player's individual responsibility that they are able to compete at the level of their teammates.

**5.6** *Under no circumstances is a player permitted to train, guest play or attend any outside events such as tournaments, showcases or tours (with the exception of Bay City Futsal) without written permission from the club's Academy Director or Director of Coaching.*



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### Lifestyle

**7.1** Players have an absolute duty to maintain a lifestyle that protects their capacity to play to the best of their ability. This requires that they follow a healthy diet, avoid alcohol and drugs and ensure that they have enough sleep.

**7.2** Players ensure they get adequate rest and sleep prior to games. Players must adhere to the coaches guidelines and preparation requests.

**7.3** Players who have their driver's license must consider their safety and that of others at all times.

**7.4** Other than nutrition and sleep, players should ensure that they mentally prepare for training and matches. Players should come to all events 'ready to go'.

### Preparedness

**8.1** Players should prepare for training and games in an appropriate manner.

**8.2** Players will be required to do training at home, follow individual programs, and off-season training. It is the responsibility of each player to undertake the training they require to meet the team and Club standards.

**8.3** Players should also take the time to review any homework assigned by the coach.

**8.4** Players are responsible for preparing all their own uniforms, equipment and water for training and games. It is the responsibility of players to inform parents where assistance is required.



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### Other Activities

**9.1** Players should monitor their involvement in other activities with caution. This is especially important prior to games.

**9.2 While younger players might participate in other sports, SF Glens expects that players make Club training and games a priority.** To achieve a level of excellence, SF Glens encourages that soccer become the sole sport for those who want to play competitively at the collegiate level.

**9.3** Players who attend games after another physical activity **MUST** inform the coach, and similarly should not expect to play as much as other players who are fresh.

### Approved Participation in Other Soccer Programs

**10.1** Players are permitted to attend training and identification events with affiliated MLS Clubs, under the direction of the Club's DOC or Academy Director.

**10.2** SF Glens player participation with soccer programs, training and competition:

- Players **can not** train and/or compete for another Club or Program, without clearance from the Clubs DOC.
- Players **can not** roster with a second club or tournament team without clearance from the Clubs DOC
- Players are required to participate in post-season finals such as MLS Next Cup Playoffs or NPL Championships.



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### Social Networking

**11.1** Players are permitted to use social media sites. However, they must be mindful that college coaches and the general public closely follow Twitter/Facebook accounts of certain individuals and their posts on other social media sites.

**11.2** Tweets or posts (including pictures) may be reported on and reproduced on any media platform. Consequently, players must not post or tweet on subjects that could harm the reputation of the club, coaches, other players, administrators, match officials or governing bodies.

**11.3** Do not post photographs of a sensitive nature (i.e. anything you would not wish to see reproduced in a newspaper).

### Player Misconduct

**12.1** Player misconduct will be handled by the Coach and Club according to following guidelines.

- Discipline issues – depending on severity; less playing time, suspension, removal from club.
- Red card – to be reviewed by Club and up to 3 game additional suspension.
- Unsporting/disrespectful behavior at training and at games – immediate withdrawal from activity, suspension or removal from club.
- Training or competing with another club without express written SF Glens consent – suspension or immediate dismissal from Club.

**12.2** The Club has a ZERO TOLERANCE policy for more serious discipline issues such as bullying, harassment, racial abuse, theft of property, etc. Serious player misconduct issues will be reviewed by the Club Director and an Independent Board member.

**12.3** The Club has a ZERO TOLERANCE policy for behavioral incidents off the field (hotels, restaurants, outings, etc.) when players are travelling with and representing the club at events.