

## Players' Code of Conduct

- Maintain a high standard of conduct at all times, both on and off the field. Each and every player should be an example of good sportsmanship.
- Appreciate the good play of opponents and accept the mistakes made by fellow players.
- Play the game hard but not unfairly.
- Never show ill-temper or spite. Give assistance to opponents, where it appears desirable.
- Meet the coach and captain of an opposing team when possible.
- Give congratulations and thanks as appropriate, to captains and/or players of opposing teams.
- Obey the orders or instructions of the umpire, referee or designated official quickly and cheerfully and accept any decisions, however unfavorable, without question.
- The use of drugs, including pain killers, to improve or maintain the performance of any individual player or group of players is contrary to the philosophy of this code.
- Contribute to the team effort as well as to one's personal performance.
- Use barracking to encourage but not to hinder.